YOU COULD WIN A $10,000 SHOPPING SPREE!

seventeen

TONS OF FREE STUFF INSIDE!

- ✔Clothes
- ✔Shoes
- ✔Makeup
- & More

Enter To Win!

Pretty Little Liars'
LUCY HALE
The Juicy Secret She's Been Keeping—Until Now

Perfect Hair ALL SUMMER

200+ Hot Fashion Deals!

UNDER $20

PLUS: Facebook Tricks That Will Save You Even More $$$

She Lost 75 Pounds!



BONUS MAG
Get Your Best Body Now!

OMG! The Weird Thing Guys Do Before They Hit The Beach

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*vs. bare lips
easy breezy beautiful COVERGIRL
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me!
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june/july 2011

the FREEBIE issue
There's cool stuff to win throughout the mag!

fashion

25 **NEW LOOKS FOR LESS!** Score summer's hottest trends at seriously low prices.

36 **SNEAKY DESIGNER DEALS!** Get a hit of high fashion for just a few bucks!

38 **DIY RUNWAY LOOKS!** No one will guess you made these luxe pieces yourself.

40 **STYLING SECRETS (THAT SAVE YOU $$$!)** Celeb tricks to transform the stuff you already own!

44 **HEART HER STYLE** A reader shares her tips for getting a girly-cool vibe for next to nothing.

46 **FIND THE PERFECT PARTY DRESS** The best picks for all your summer events.

48 **FASHION HAUL!** You've *got* to score these trendy pieces before they sell out.

112 **CUTE STUFF FOR $20 OR LESS** Fun clothes that only look expensive!

132 **1 PIECE 4 WAYS** Find tips to stretch your wardrobe.

beauty

52 **10 HOT TRENDS (FOR $10 OR UNDER!)** These finds = your prettiest summer ever!

58 **BIG LOOKS ON A TINY BUDGET** Our Beauty Smarties show you how to get glam looks for less!

60 **BRIGHT BARGAINS!** Stock up on summer's greatest glosses, shadows, and polishes.

62 **STARS' STEAL$!** Your fave celebs picked their go-to products—and they're all less than $9!

64 **BIKINI LINE BASICS** What you need to know before hitting the beach.

66 **BE FRIZZ-FREE FOREVER!** Sleek, glossy hair can be yours with these amazing tricks.

122 **SIMPLY IRRESISTIBLE** Subtly sexy looks that left the hot star of *Teen Wolf* howling for more!



36 high-fashion deals

p. 112
HOT BARGAINS! Get the cutest new pieces with $$$ to spare.



p. 122
MAKE HIM MELT! Your guy will only have eyes for you with these sweet summer looks. PS: That's *Teen Wolf*'s Tyler Posey!



p.60
THE SHADE THAT LOOKS AMAZING ON *EVERYONE!*

on the cover

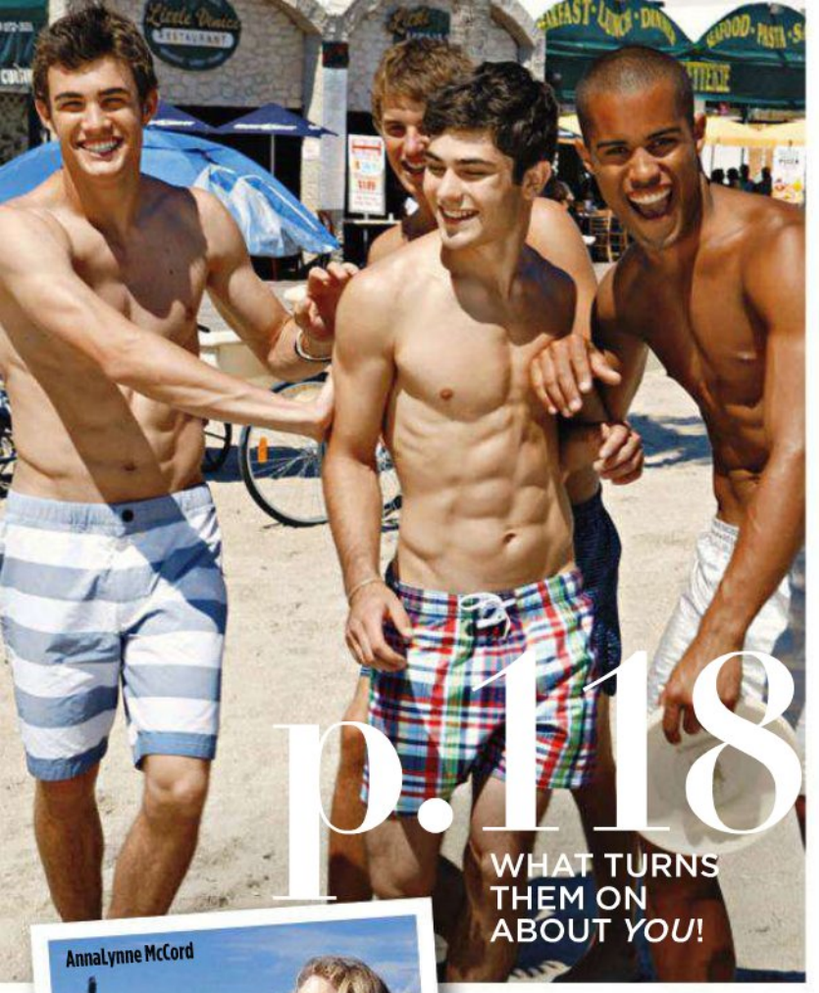


p.22
p.14
p.25
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p.73



WIN! Snag the ultimate *Pretty Little Liars* fan pack! 25 readers will receive a DVD, a book, and a soundtrack from the series. Enter code [fan] at seventeen.com/freebies. Go to page 150 for details.

MAIN PHOTOS: (FASHION) JUAN ALGARIN; (BEAUTY) ANTOINE VERGLAS. STILL LIFES: (FASHION) JESUS AYALA/STUDIO D; (BEAUTY) J MUCKLE/STUDIO D.



p.118

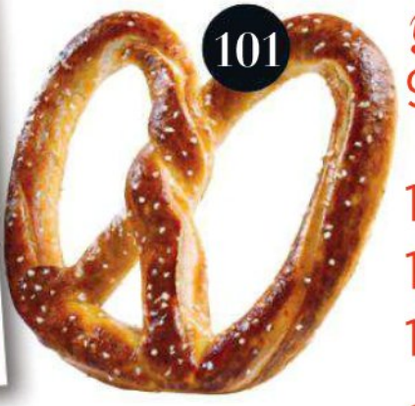
WHAT TURNS THEM ON ABOUT *YOU*!



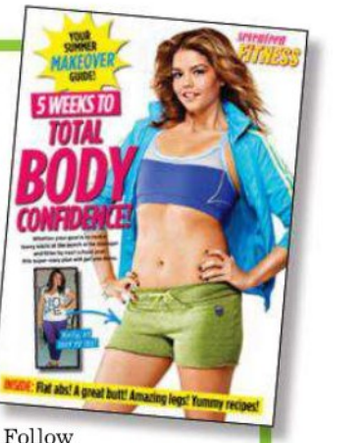
p. 96
KISS OFF?
Here's how to tell if your summer fling will last into fall.

free treats!

101



SPECIAL SECTION!



health

74 **GET YOUR BEST BODY—IN 5 WEEKS!** A celeb trainer has the *perfect* plan. (Flip to p.76 for his fun workouts!)

75 **"GETTING HEALTHIER CHANGED MY LIFE!"** Kelly, 21, lost 75 pounds!

84 **EAT ALL YOUR FAVE FOODS** No dieting here!

86 **YOUR 5-WEEK COUNTDOWN!** Follow this schedule to see major changes fast!

88 **GET *AMAZING* RESULTS!** The keys to getting inspired and staying motivated.

love life

90 **LOL! MAJOR LOVE TRAUMAS** When these dating disasters happen to you, you'll be so prepared!

92 **WEIRD THINGS HE THINKS AT THE BEACH** He looks cool, but his brain is full of freaky thoughts!

95 **SNEAKY WAYS TO GET FLIRTING CONFIDENCE** Ditch the nerves and improve your moves.

96 **SUMMER FLING OR REAL THING?** Take this quiz to find out if your love is for fun or forever.

118 **WHAT GUYS WANT NOW!** Hot guys spill their secret summer desires, all-time fave date spots, and more!

your life

98 **"TOTAL STRANGERS THREW ME A HUGE BIRTHDAY PARTY FOR FREE!"** Kimberly, 15, thought her big day was ruined—then two unbelievably generous people stepped in.

100 **"MY WORST SUMMER JOB!"** Yikes! One girl got *flashed* by a sleazeball coworker.

101 **FOLLOWERS GET FREE STUFF!** Find out how to score swag on Twitter and Facebook.

102 **STOP SEX SLAVERY!** Join Shay Mitchell's special mission to end teen prostitution all over the world.

138 **THIS SUMMER COULD CHANGE YOUR LIFE!** Get inspired by girls who totally reinvented themselves.

and...

8 **HI FROM ANN!** How to make this summer matter!

10 **WHAT YOU THINK!** You share your thoughts on our April issue and lots more.

14 **JUNE/JULY FREEBIES!** Win a $1,000 shopping spree every day!

22 **GET LUCY'S *PRETTY* LOOK** With the right makeup, it's a breeze!

106 **LUCY** How the *Pretty Little Liars* star beat her shyness and learned how to believe in herself.

142 **FREE FUN!** Cool plans your crew will adore. (Plus, free fro-yo at TCBY!)

145 **TRAUMARAMA!** Just be grateful this crazy stuff didn't happen to you.

152 **JUNE/JULY HOROSCOPES** Check out all the juicy predictions for your sign.

seventeen.com

MEGA QUIZ BLOWOUT!

Reveal juicy love, fashion, and personality secrets with new quizzes every day!

- Who's your perfect **movie boyfriend**?
- *PLL* fans: Are you an **Aria** or a **Hanna**?
- Which reality show would make *you* a **superstar**?

Start taking quizzes now at seventeen.com/quizzes.



MAIN PHOTOS: (LOVE LIFE) CHEYENNE ELLIS; (HEALTH) CHRIS ECKERT/STUDIO D. STILL LIFES: (PRETZEL) COURTESY OF AUNTIE ANNE'S. McCORD: FRED MONTANA/SPLASH NEWS. MONTEITH: STARBUX/WENN.COM.

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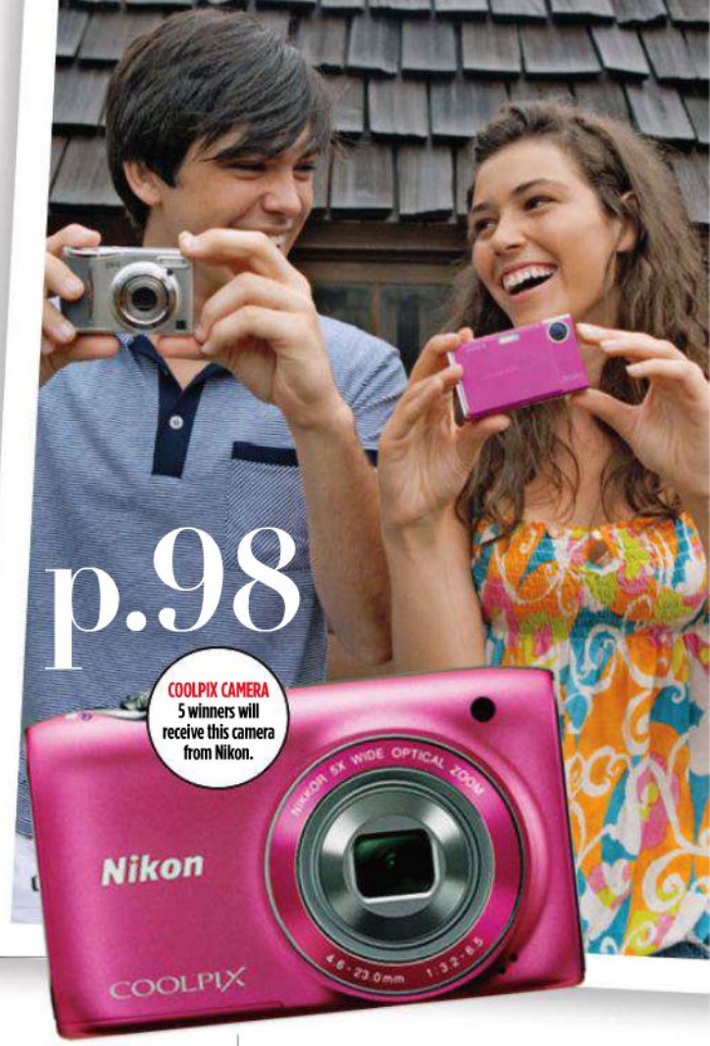
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FREEBIE FINDER!

WIN!

Look for this burst throughout the issue!

This issue is *filled* with freebies! Here's where to find all the stuff you can win, from beauty and fashion to a trip with your BFF!





PRETTY LITTLE LIARS FAN PACK
25 winners will snag a DVD, a soundtrack, and a book from Alloy Entertainment and Warner Home Video.
p.3



TOTE BAG
10 winners will grab this bag from L.A.M.B.
p.36



STRIPED ROMPER
10 winners will skip away with this romper from Charlotte Russe.
p.48

SUNGLASSES
5 winners will get these sunnies from Corinne McCormack.


p.20



SEVENTEEN DESIGN IT YOURSELF KIT
30 winners will win this DIY kit from *Seventeen*.
p.38



SALON EFFECTS REAL NAIL POLISH STRIPS
1,000 winners will score a package of fun nail art from Sally Hansen.
p.53



$10,000 *PRETTY LITTLE LIARS* SHOPPING SPREE
1 winner will score $10,000 from Hearst.
p.22

VENUS EMBRACE SHINE RAZOR
50 winners will take home this razor from Gillette.


p.64

BASKET OF ASSORTED COSMETICS
1 winner will take home $100 of pretty makeup from Stila.


p.101



MADONNA TEE
10 winners will receive this cool T-shirt from Junk Food.
p.44



A SET OF GLITTER GLOSSES
100 winners will score 10 different lip glosses from E.l.f.
p.58

BENSIMON SNEAKERS
10 winners will walk away with kicks from Bensimon.


p.28

A TRIP TO BEVERLY HILLS FOR YOU AND A FRIEND
1 winner and a pal will get to work out in California with celeb fitness pro Harley Pasternak!


p.75

$100 GIFT CARD
1 winner will be treated to a gift card from Jamba Juice.


p.101



FLORAL DRESS
10 winners will snag this flirty sundress from 579.
p.46



ILLUMINANCE CRÈME SHADOWS
50 winners will grab two pretty crème shadow palettes from Revlon.
p.60



HTC INSPIRE 4G PHONE
2 winners will walk away with this phone from AT&T.
p.100



THE ROAD OF LOST INNOCENCE
10 winners will receive Somaly Mam's moving autobiography from SMF.
p.102

p.68

THE ENTIRE SUAVE PROFESSIONALS PRODUCT LINE 50 winners will score a set that includes styling gel, cream, mousse, and hairspray.



PINK GRAPEFRUIT FOAMING SCRUB
100 winners will receive this scrub from Neutrogena.
p.62



$250 GIFT CARD
1 winner will be treated to a gift card from California Pizza Kitchen.
p.101



DIAMONDS EXPRESSION CHARM BRACELET
1 winner will receive this bracelet (worth $740!) from Helzberg Diamonds.
p.152

For more details on all these Freebies, see pp. 150–151!

MAIN PHOTO: SAYE. (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.)

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Hi from Ann!

Finally—it's **summer**! We've packed every page of this issue full of fun to keep you going until fall! There are freebies to enter, new fashion and **beauty** looks to try (for just a few bucks!), DIYs to make, and so much more. But there's one story in this issue that you can't miss: **"This Summer Could Change Your Life!"** on p. 138. Pretty major headline, right? Well, think about it: You have the next two months **free** of the day-to-day distractions of school, homework, cliques, whatever—and there's **no pressure** to do anything you don't want to do! So this is your chance to have a fun adventure, try something you've never tried before, and meet new people. You get to be open to the **freedom** of the long, lazy days and just go wherever your heart takes you. In our story, a few girls shared their most amazing summer **experiences:** They fell in love, made friends, took risks, and in the end, they found meaning and confidence . . . without even looking for them! And when they went back to school in the fall, they had a whole new **perspective** on their lives. It gives me goose bumps!



What does this summer have in store for you?

This summer, *Seventeen* is going to change one reader's life—by putting her on the **cover** of the magazine! The five finalists in our Pretty Amazing contest will come to our headquarters in New York for makeovers, photos, and fun. (We're planning some wild surprises!) You have to wait until our October issue to see all the crazy stuff they'll do, but you can meet the finalists now! Check out **seventeen.com/prettyamazing** and vote for the girl you think deserves to be on the cover of *Seventeen*. . . . Next year, it could be you!



Curtis and Lysandra were last year's winners!

Enter your BF in our Best Boyfriend in America Contest!

Tell us about your great guy at seventeen.com/bestboyfriends. You and your boyfriend could win a **$1,000 flat-screen TV,** plus an **Xbox 360 and Kinect**! See page 150 for details.

PS: E-mail me about how you want this summer to change your life at **ann@seventeen.com**.

XOXO
-A.

ANN: PERRY HAGOPIAN. TWO GIRLS ON BEACH: SAYE. BEST BOYFRIEND: CHEYENNE ELLIS.

who do *you* think is PRETTY AMAZING?

Help us decide who should be on our cover!

- Read the finalists' incredible stories
- Watch exclusive videos
- Check out fun photos—and more!

Go seventeen.com/prettyamazing to vote now!



how do you do?





Adam
Visual Artist
Milwaukee, WI







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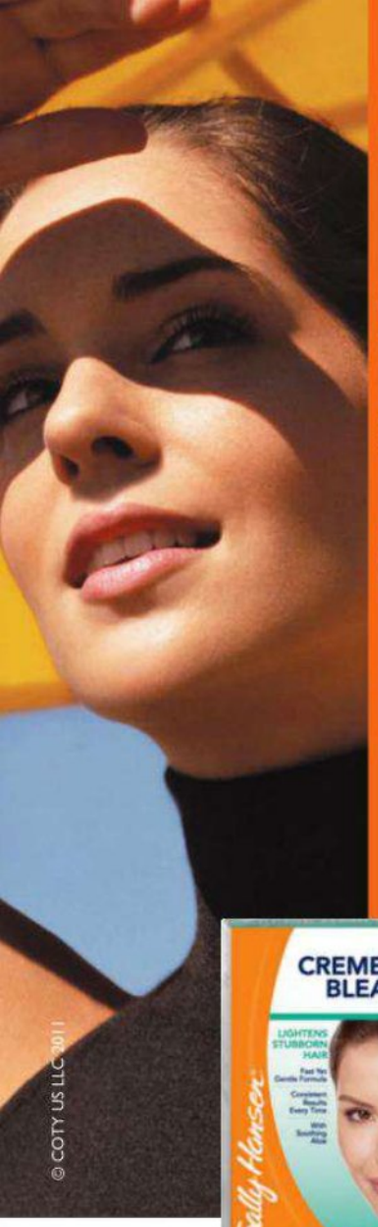


The Original Sneaker

Learn more about Adam and how he does art at Keds.com/hdyd

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*Based on IRI Panel Data

WHAT you THINK!

Stuff you're talking about right now!



Maci from *Teen Mom* made it her mission to end teen pregnancy at seventeen.com/teenmom.

WHY TEEN MOMS MATTER

"The advice Maci gave in 'Don't Be a Teen Mom' in the April issue was so important to me because I almost was one! After I lost my virginity (and didn't use birth control or condoms), I skipped my period. I was scared out of my mind, and my BF was too. I took a pregnancy test, and when it came out negative, we were *extremely* relieved. That one moment could have changed our lives forever, just like for the girls on the show. You should always use protection. Always."

–amy, 18, west jordan, ut

Which *Glee* girl are you most excited to see on tour?



#17BeautyPeace

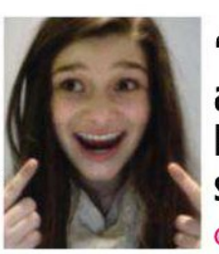


We challenged you to go makeup-free with us last month! So many girls tweeted us their beautiful photos to prove they were making Beauty Peace!



"I realized I don't need makeup—my imperfections make me unique!"

@WaffleszRUs



"I feel so free, and I have never been ready for school so fast!"

@jstarkx11

SEVENTEEN.COM Tell us what you think about this issue at seventeen.com/mail.

MACI: SARAH KEHOE. MICHELE: JORDAN STRAUSS/WIREIMAGE. MORRIS: MICHAEL BUCKNER/GETTY IMAGES. AGRON: ALBERTO E. RODRIGUEZ/WIREIMAGE.



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TAKING CONTROL

"A lot of girls think that food is the only thing they can control, and some of us go to extremes out of stress, frustration, and self-loathing. 'The Secret New Eating Disorder' in the April issue helped me understand that we're not alone in feeling the way we do. I realized I *do* have an eating disorder, and I need to seek help. Thank you."

–nolee, 17, prospect heights, ny

get the cover look



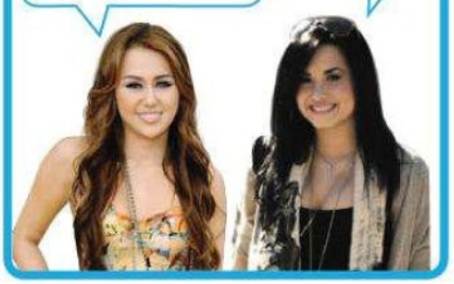
Re-create your fave Seventeen cover (just like Lily from our Style Council did) and send it to us at mail@seventeen.com. You could be featured on seventeen.com/fashion!

BEST TWITTER COMEBACKS!

Miley and Demi recently returned from their Twitter vacations. Welcome back, ladies!

@MileyCyrus
Let's get me back to as many followers as before!!!!!! SO EXCITED FOR TOUR I CAN BARELY STAND IT!

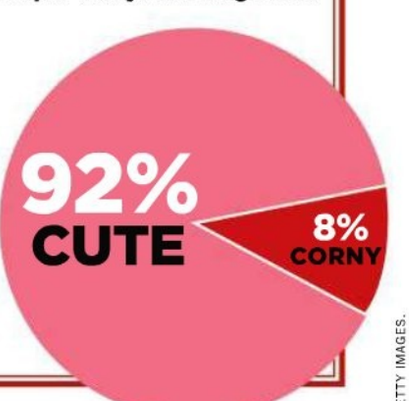
@ddlovato
Guess who's baaaaaaack ...!!!!!!!



PROM POLL!

Santa Monica High School's Jason Pitts asked his dream girl to prom by serenading her in the middle of class! Super-cute or super-corny? You weighed in!



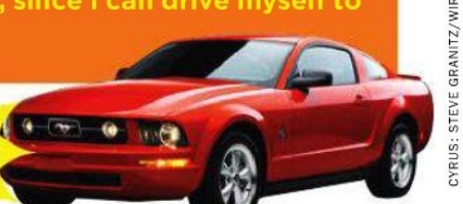


SHE WON $10,000 FROM *SEVENTEEN*!



"I couldn't believe it when I found out I won the $10,000 shopping spree! Check it out: I bought my first car with the money—a red Mustang. It's been such a help to my family, since I can drive myself to class!" –CELICA, 21, DUBLIN, GA

See page 22 for details on how you can enter this year's contest to win $10,000 cash!



CYRUS: STEVE GRANITZ/WIREIMAGE. LOVATO: FRAZER HARRISON/GETTY IMAGES. STILL LIFE: (CAR) RON KIMBALL/KIMBALLSTOCK.COM.



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ENTER TO WIN A **$1,000** SHOPPING SPREE EVERY DAY!

June FREEBIES!

Shop your heart out! Visit seventeen.com every day in June for a chance to win a massive $1,000 spending spree from all of your fave brands.

HOW TO ENTER: Starting June 1, log on to seventeen.com/freebies every day and type in the Freebie Phrase of the Day [in red] to be eligible to win that day's prize. But hurry—each Freebie will be live for just 24 hours beginning at 12 A.M. ET. Winners will be posted online the next weekday by 10 A.M. ET. Go to seventeen.com/freebies or see page 150 for details.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 BED HEAD TIGI — 1 winner gets $1,000 worth of hair products — [curls]	2 dermalogica clean start — 1 winner gets 4 sets of the whole skin care line — [skin]	3 ROXY — 1 winner gets $1,000 worth of beachy clothes and accessories — [surf]	4 JUNK FOOD — 1 winner gets $1,000 worth of tees — [cozy]
5 LuLu's Lulus.com — 1 winner gets a $1,000 gift card for clothes and accessories — [cute]	6 O'NEILL — 1 winner gets $1,000 worth of cute clothes — [wave]	7 Blowfish MALIBU — 1 winner gets a $1,000 gift card for shoes — [heels]	8 LeSportsac — 1 winner gets a $1,000 LeSportsac bundle — [roomy]	9 MARY KAY — 1 winner gets $1,000 worth of makeup — [pretty]	10 HARD CANDY — 1 winner gets $500 worth of makeup and a $500 Walmart gift card — [bold]	11 conair — 1 winner gets $1,000 of hair tools, brushes, and accessories — [blow]
12 KINECT for XBOX 360 — 1 winner gets a $1,000 XBox and Kinect combo — [move]	13 Curls — 1 winner gets $1,000 worth of products for curly hair — [sleek]	14 NOT YOUR MOTHER'S — 1 winner gets 150+ hair products, worth $1,000 — [fun]	15 CLICKR SKIN CARE — 1 winner gets a $1,000 gift card for natural skin care products — [clean]	16 nuNAAT — 1 winner gets a $1,000 gift card for hair products — [eco]	17 HOT KISS — 1 winner gets a $1,000 gift card for clothes and accessories — [run]	18 OSCAR BLANDI — 1 winner gets $1,000 worth of hair products — [scrunch]
19 Ema Savahl COUTURE — 1 winner gets a couture dress worth $1,000 — [fancy]	20 FLIRT! — 1 winner gets $1,000 worth of makeup and perfume — [candy]	21 REMINGTON — 1 winner gets $1,000 worth of hair tools, shavers, and more — [heat]	22 Clear — 1 winner gets a year's supply of acne products — [glow]	23 hp — 1 winner gets a laptop and accessories worth $1,000 — [connect]	24 EZCURLER — 1 winner gets a $1,000 gift card for hair tools — [loop]	25 Simply Shabby Chic — 1 winner gets a $1,000 worth of room goodies — [girly]
26 paul frank — 1 winner gets $1,000 worth of fun goodies — [play]	27 proactiv. — 1 winner gets $1,000 worth of skin care products — [clear]	28 Jack — 1 winner gets a $1,000 gift card for Jack BB Dakota clothes — [him]	29 STA TRAVEL — 1 winner gets a volunteer trip worth $1,000 — [help]	30 PALMER'S — 1 winner gets $1,000 of face and body products — [quench]	Save this calendar for a chance to win every day in June!	

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Tell us what makes you a COVERGIRL @ facebook.com/covergirl

*vs. bare lashes

Drew Barrymore is wearing LashBlast Fusion in Very Black.





ENTER TO WIN A $1,000 SHOPPING SPREE EVERY DAY!

July FREEBIES!

End your summer in style! Enter every day in July for a chance at $1,000 worth of goodies at seventeen.com.

HOW TO ENTER: Starting July 1, log on to seventeen.com/freebies every day and type in the Freebie Phrase of the Day [in red] to be eligible to win that day's prize. But hurry—each Freebie will be live for just 24 hours beginning at 12 A.M. ET. Winners will be posted online the next weekday by 10 A.M. ET. Go to seventeen.com/freebies or see page 150 for details.

Save this calendar for a chance to win every day in July!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 stila — 1 winner gets $1,000 worth of makeup [shiny]	2 — 1 winner gets a $500 gift card and $500 worth of beauty products [score]
3 VANS — 1 winner gets a $1,000 gift card for clothes and accessories [ride]	4 VICTORIA'S SECRET — 1 winner gets $1,000 worth of new summer beauty products [flirt]	5 Schwarzkopf citré shine — 1 winner gets $1,000 worth of hair products [sparkle]	6 FREEMAN — 1 winner gets $1,000 worth of hair and skin products [barefoot]	7 — 1 winner gets a $1,000 gift card for clothes and accessories [cool]	8 L'ORÉAL PARIS — 1 winner gets $1,000 worth of hair, skin, and makeup goodies [bright]	9 SHOPTHELOOK.NET — 1 winner gets a $1,000 gift card for clothes and accessories [dress]
10 Windows 7 — 1 winner gets a laptop and software worth $1,000 [ikat]	11 L.A. LOOKS — 1 winner gets $1,000 worth of styling products [twist]	12 Baby-G — 1 winner gets 10 different Baby-G watches [time]	13 umbra — 1 winner gets a $1,000 gift card for room goodies [sort]	14 jcpenney — 1 winner gets a $1,000 gift card [party]	15 Torrid — 1 winner gets a $1,000 clothing gift card [fit]	16 Abbey Dawn — 1 winner gets $1,000 worth of clothes and accessories [punk]
17 htc quietly brilliant — 1 winner gets two HTC phone bundles worth $1,000 [talk]	18 URBANOG.COM — 20 winners each get a $50 gift card for clothes and accessories [candy]	19 LIMOS.COM — 1 winner gets a $1,000 limo service [major]	20 sofia by VIX — 1 winner gets $1,000 worth of swimwear [rock]	21 adidas — 1 winner will get $1,000 worth of shoes and gear [glam]	22 GOSSIP — 10 winners get $100 worth of swimwear [whisper]	23 it's a 10 truly.... miracle haircare — 1 winner gets $1,000 worth of hair products [awesome]
24 — 1 winner gets a $1,000 scooter package [speed]	25 Wanted wantedshoes.com — 1 winner gets $1,000 worth of accessories and jeans [float]	26 style sip — 1 winner gets a $1,000 Kmart gift card [zoom]	27 ALMOST FAMOUS — 1 winner gets $1,000 worth of cute clothes [fly]	28 Samsung GALAXY Tab — 1 winner gets a tablet and 4G phone worth $1,000 [warm]	29 goody — 1 winner gets $1,000 worth of hair accessories and styling tools [soak]	30 The Container Store — 1 winner gets a $1,000 gift card for room goodies [glitter]
31 SHINE POLISHING — 1 winner gets $1,000 worth of hair products [gloss]						

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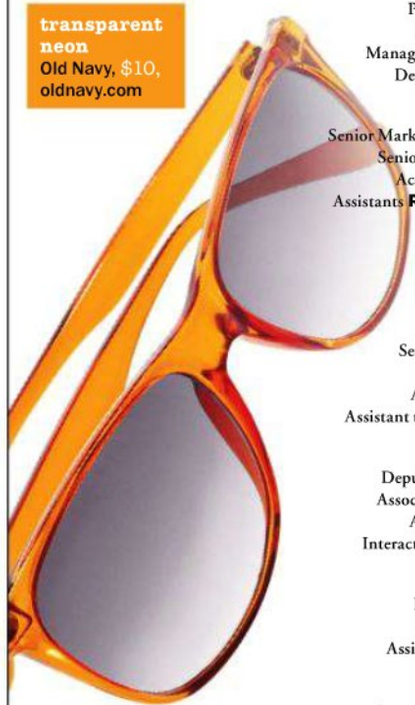
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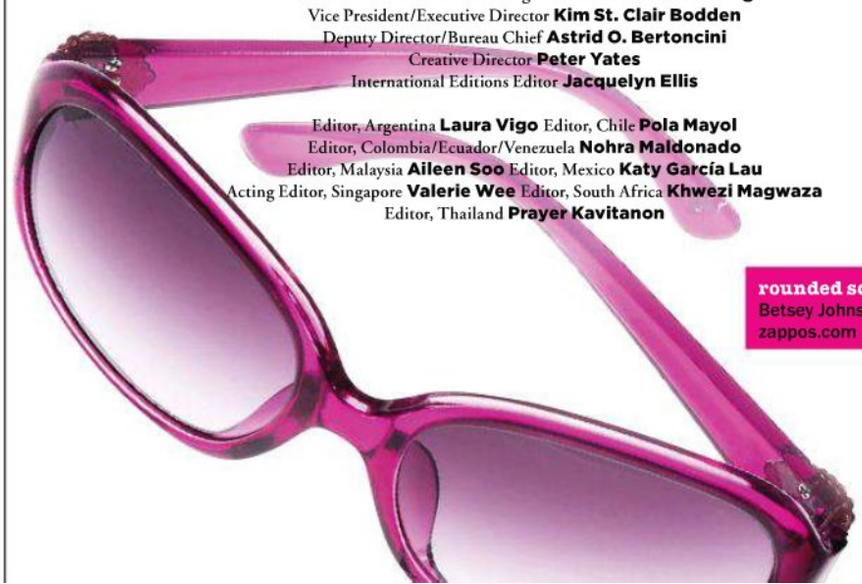
transparent neon
Old Navy, $10, oldnavy.com



wayfarer
AMI Clubwear, $11, amiclubwear.com



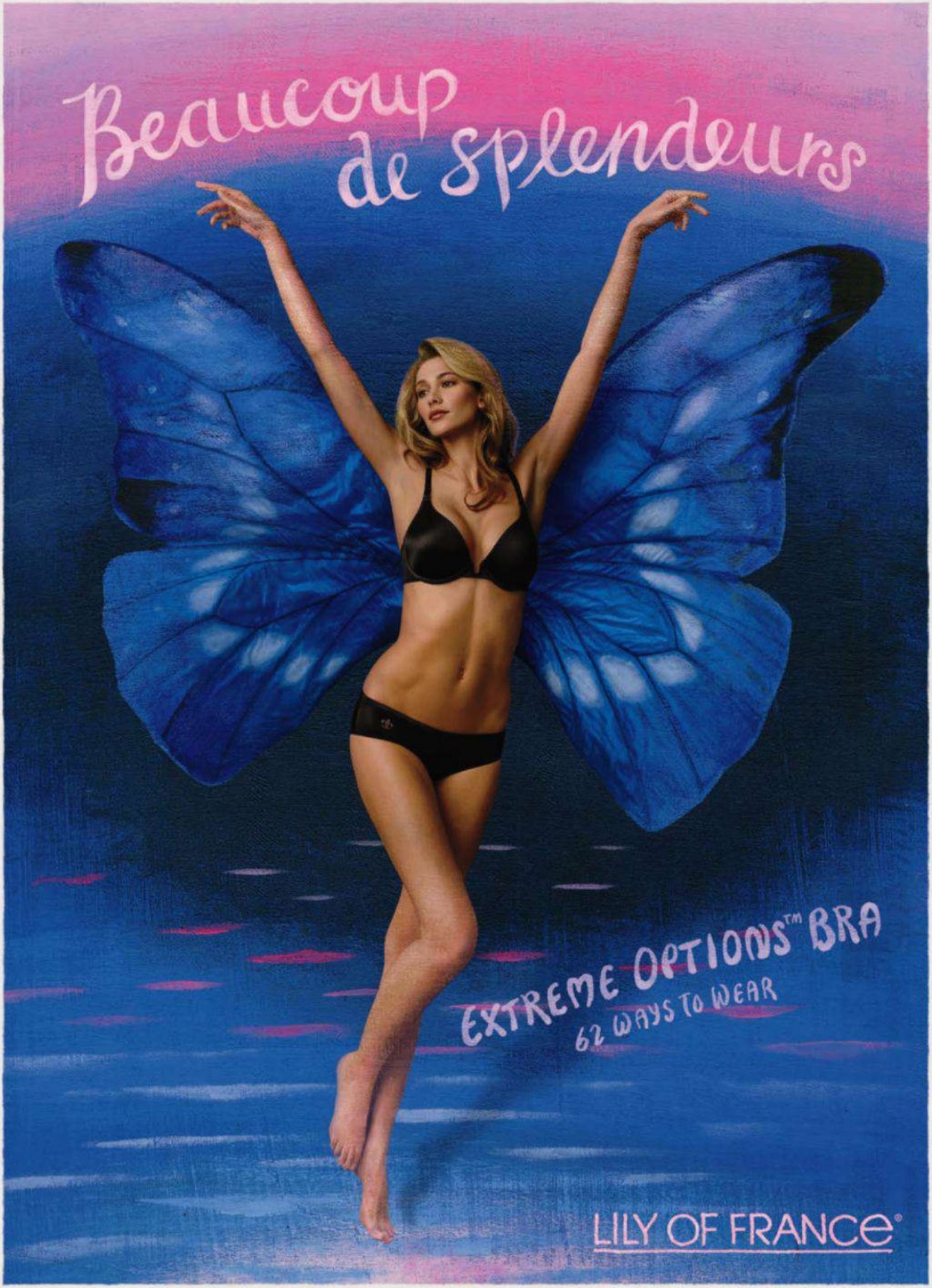
aviator
Carrera, $120, solsticesunglasses.com



rounded square
Betsey Johnson, $75, zappos.com

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Ninewest, $38, ninewest.com

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Corinne McCormack, $75, 800-950-2224

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wire frame
Betsey Johnson, $65, zappos.com

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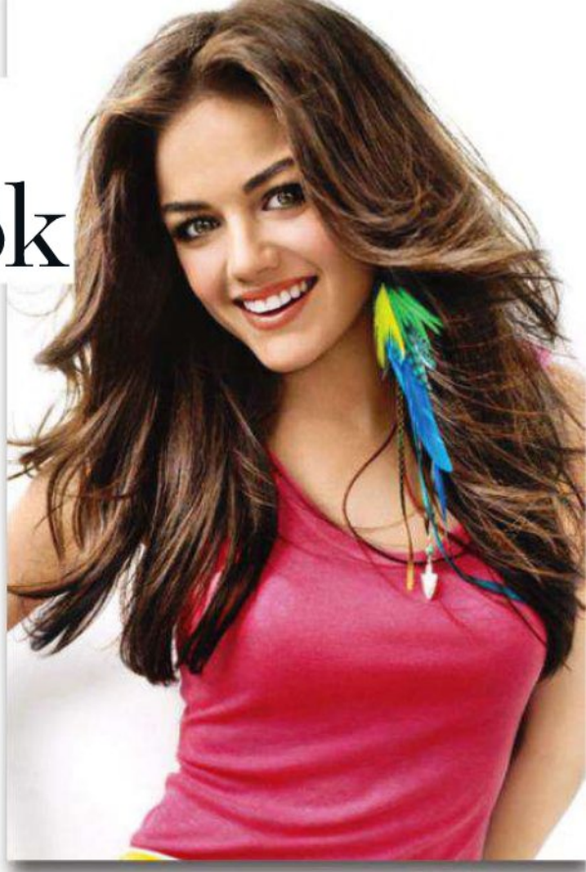
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get lucy's *pretty* look

Everyone wants her summery boho vibe, but getting it is no mystery—here's how!



eyeshadow
L'Oréal Paris HIP Studio Secrets Professional Metallic Shadow Duo in Electrified, $8, drugstores



Tank by Michael Stars. Earring by Edge of Urge. Fashion Stylist: Lara Backmender. Hair: Andy Lecompte. Makeup: Rachel Goodwin. Manicure: Kimmie Kyess. Photographs: Peggy Sirota.



lip gloss
L'Oréal Paris Infallible Never Fail Lip Gloss in Coral Sands, $10, drugstores

blush
L'Oréal Paris True Match Super-Blendable Blush in Rosy Outlook, $11, drugstores



earring
Edge of Urge, $60, edgeofurge.com

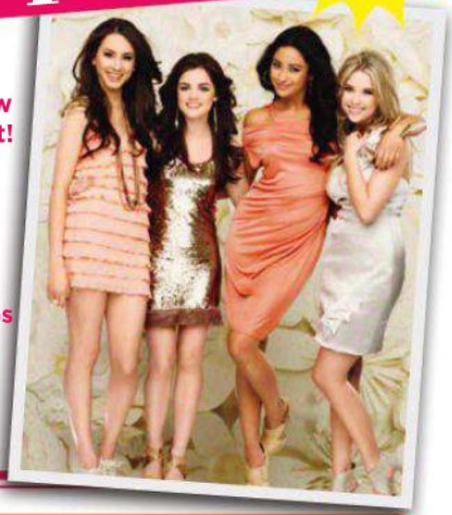
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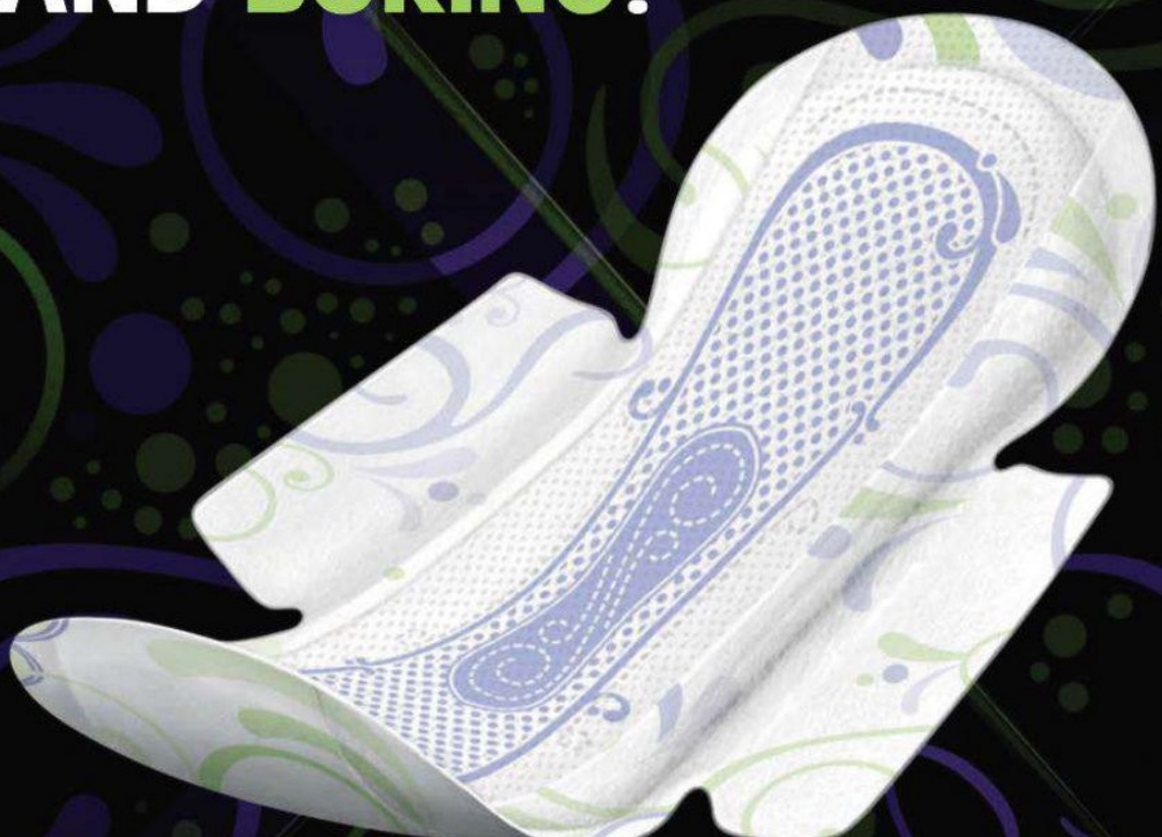


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SEVENTEEN.COM Go behind the scenes of Lucy's cover shoot at seventeen.com/lucy

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fashion

NEW LOOKS FOR LESS!

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reilly, 17

jacket Sizes S–L, Urban 1972, $40, urban1972.com.
tank Sizes S–L, Wet Seal, $15, wetseal.com.
skirt Sizes S–L, Urban 1972, $28, urban1972.com.
necklace Lulu's, $14, lulus.com.
belt Toneka, $25, 877-886-6352.
booties Sizes 5½–10, Dollhouse, $61, amiclubwear.com.

ROCKER DOLL

Mix girly pieces with tough accessories for a sweet/edgy vibe!

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elyssa, 20



A great buy! You'll wear them day and night!



sunglasses
Girlprops.com, $5, girlprops.com

tank
Sizes S–L, Flirtcatalog.com, $25, flirtcatalog.com

dress
Sizes S–L, Lulu's, $37, lulus.com

skirt
Sizes S–L, Urban 1972, $28, urban1972.com

sandals
Sizes 6–10, Candie's, $50, Kohl's

Bold Sophisticate

Simple shapes in electric colors give you an understated look that's glamorously posh!



socks
H&M, $15, H&M stores



No one will know this isn't designer!

bag
Armani Exchange, $60, armani exchange.com

tank Sizes 2–12, H&M, $25, H&M stores. **shorts** Sizes S–XL, Mossimo for Target, $20, select Target stores and target.com. **belt** jcpenney, $18, jcpenney stores and jcp.com. **clutch** H&M, $18, H&M stores. **bangles** Make Me Chic, $5 each, makemechic.com. **shoes** Sizes 5–11, CutesyGirl, $37, cutesygirl.com.

STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFE STYLIST: MIA KATOH.



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watch
GoJane, $38, gojane.com



cardigan
Sizes S–L, Heritage 1981, $27, select Heritage 1981 and Forever 21 stores and heritage1981.com.
shirt
Sizes XS–L, Levi's, $49, levi.com.



Work this summer's preppy stripe look!

tote
Aéropostale, $40, Aéropostale stores and aeropostale.com





hat
Block Headwear, $50, blockheadwear.com



shorts
Sizes 00–16, Delia's, $35, delias.com.
belt
Aéropostale, $25, Aéropostale stores and aeropostale.com.

Detailed distressing makes these jeans look more expensive!

PUNKY PREP

Give your outfit a kick in the cuffs—pick tailored pieces with a roughed-up edge!

sneakers
Sizes 6–10, Bensimon, $55, moxsie.com



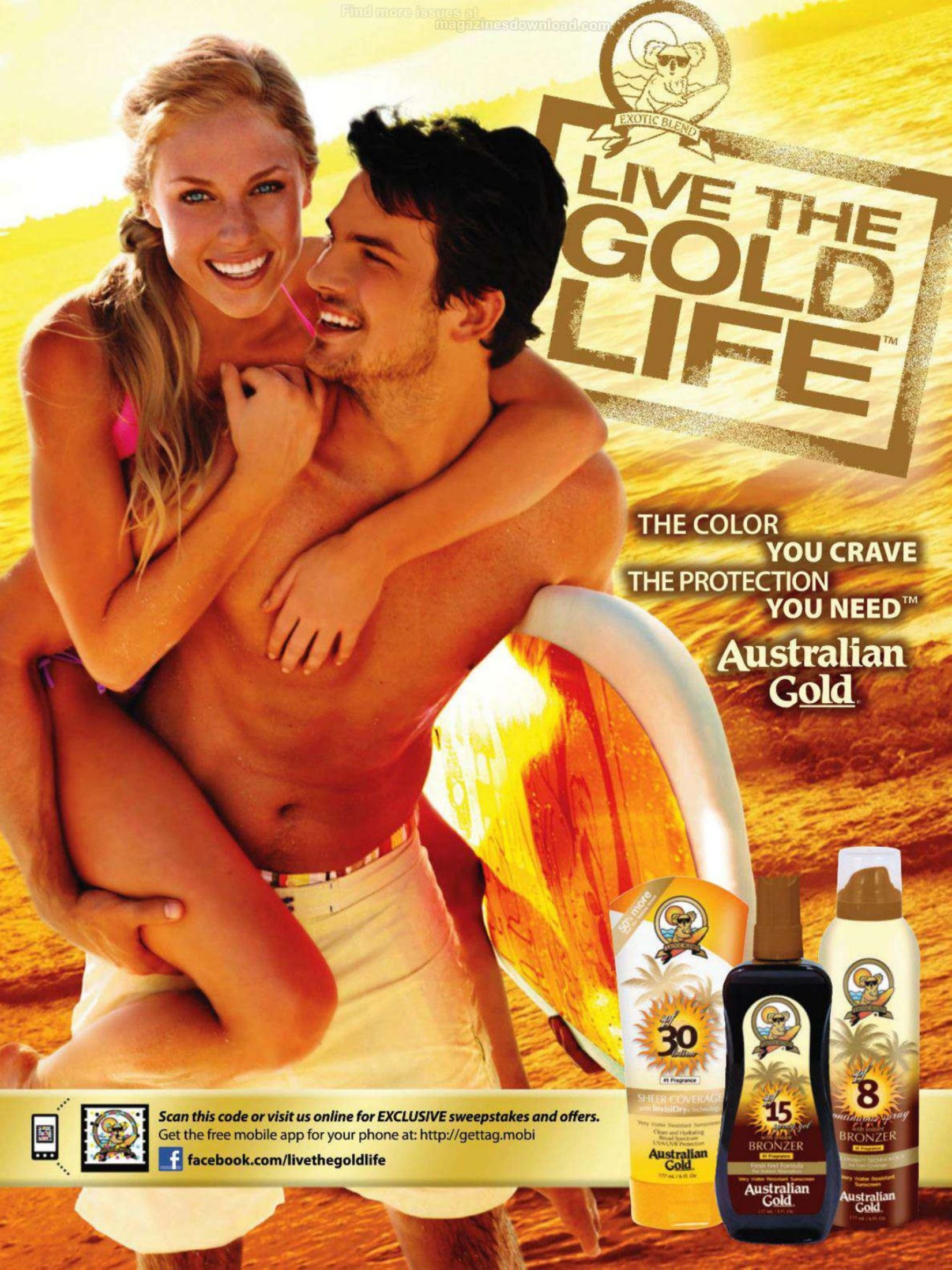
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blazer Sizes S–XL, Olsenboye for jcpenney, $25, jcpenney stores and jcp.com. **shirt** Sizes XS–L, American Apparel, $52, americanapparel.net. **jeans** Sizes 0–13, CutseyGirl, $39, cuteseygirl.com. **watch** Rumba, $35, Lord & Taylor. **belt** Aerie, $30, aerie.com. **shoes** Sizes 5–11, Keds, $50, keds.com.

ON REILLY: WOVEN BRACELET, AÉROPOSTALE; SILVER BRACELET, SWAROVSKI.

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bag
Call It Spring, $30, jcpenney and jcp.com



top
Sizes XS–XL, Attention by Kmart, $17, Kmart and kmart.com.
belt
Lulu's, $12, lulus.com.





earrings
Make Me Chic, $4, makemechic.com

Unexpected details make this dress stand out!



dress
Sizes S–L, Urbanog, $25, urbanog.com



necklace
Mixit by jcpenney, $19, jcpenney and jcp.com

Pretty fierce for only $25!

UPTOWN CHIC

Fancy a new look? These classically feminine pieces have an extra punch of attitude.



sunglasses
Foster Grant, $25, Walgreens stores

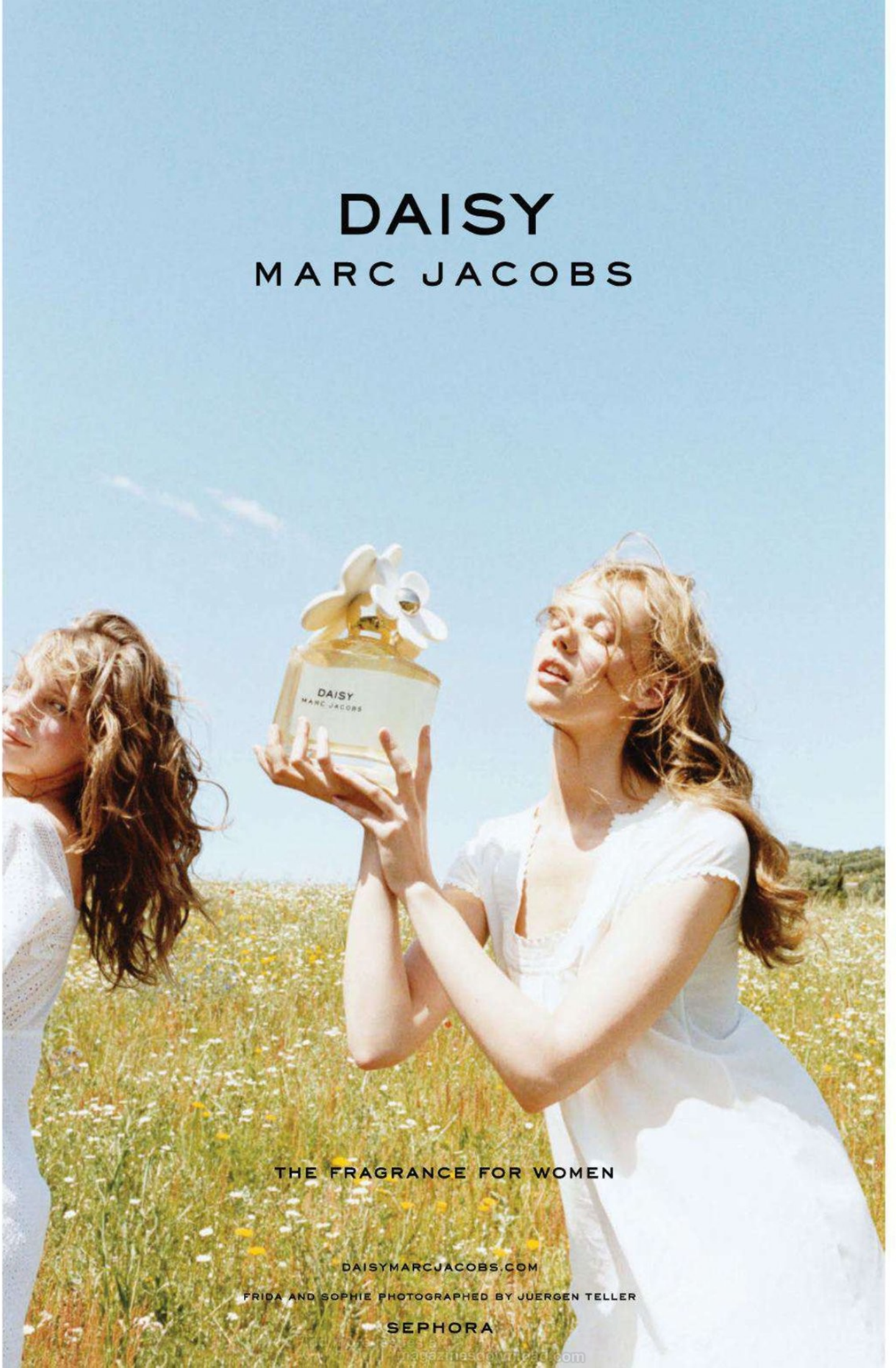
cardigan Sizes S–L, Urban 1972, $32, urban1972.com. **shirt** Sizes S–L, Make Me Chic, $22, makemechic.com. **shorts** Sizes S–L, Jack BB Dakota, $50, dakotacollective.com. **bracelets** Forever 21, $8 for set of seven, select Forever 21 stores and forever21.com. **shoes** Sizes 5½–10, AMI Clubwear, $25, amiclubwear.com.

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ON ELYSSA: BELT, STREETS AHEAD; WATCH, URBANOG.

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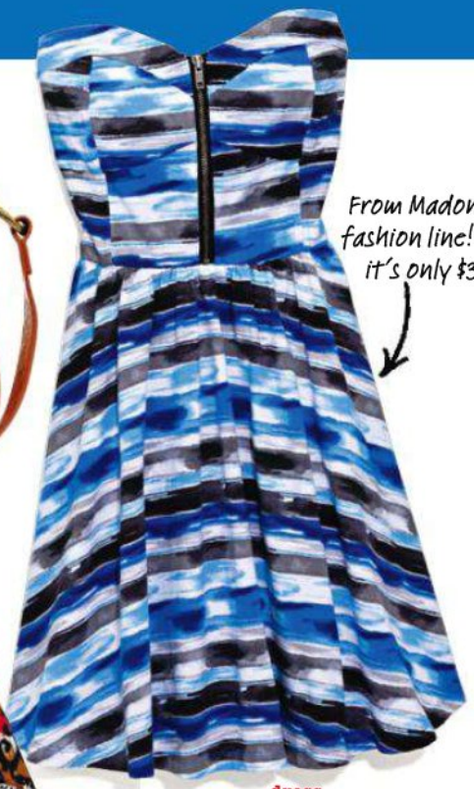
FRIDA AND SOPHIE PHOTOGRAPHED BY JUERGEN TELLER

SEPHORA



bag
Asos, $50, asos.com

From Madonna's fashion line! (And it's only $34!)



skirt
Sizes XS–L, Forever 21, $11, Forever 21 stores and forever21.com.
belt
Aéropostale, $20, Aéropostale stores and aeropostale.com.

This top is by a big name designer!



dress
Sizes XS–XL, Material Girl, $34, Macy's

scarf
Express, $35, express.com





earrings
AMI Clubwear, $14, amiclubwear.com

WORLD TRAVELER

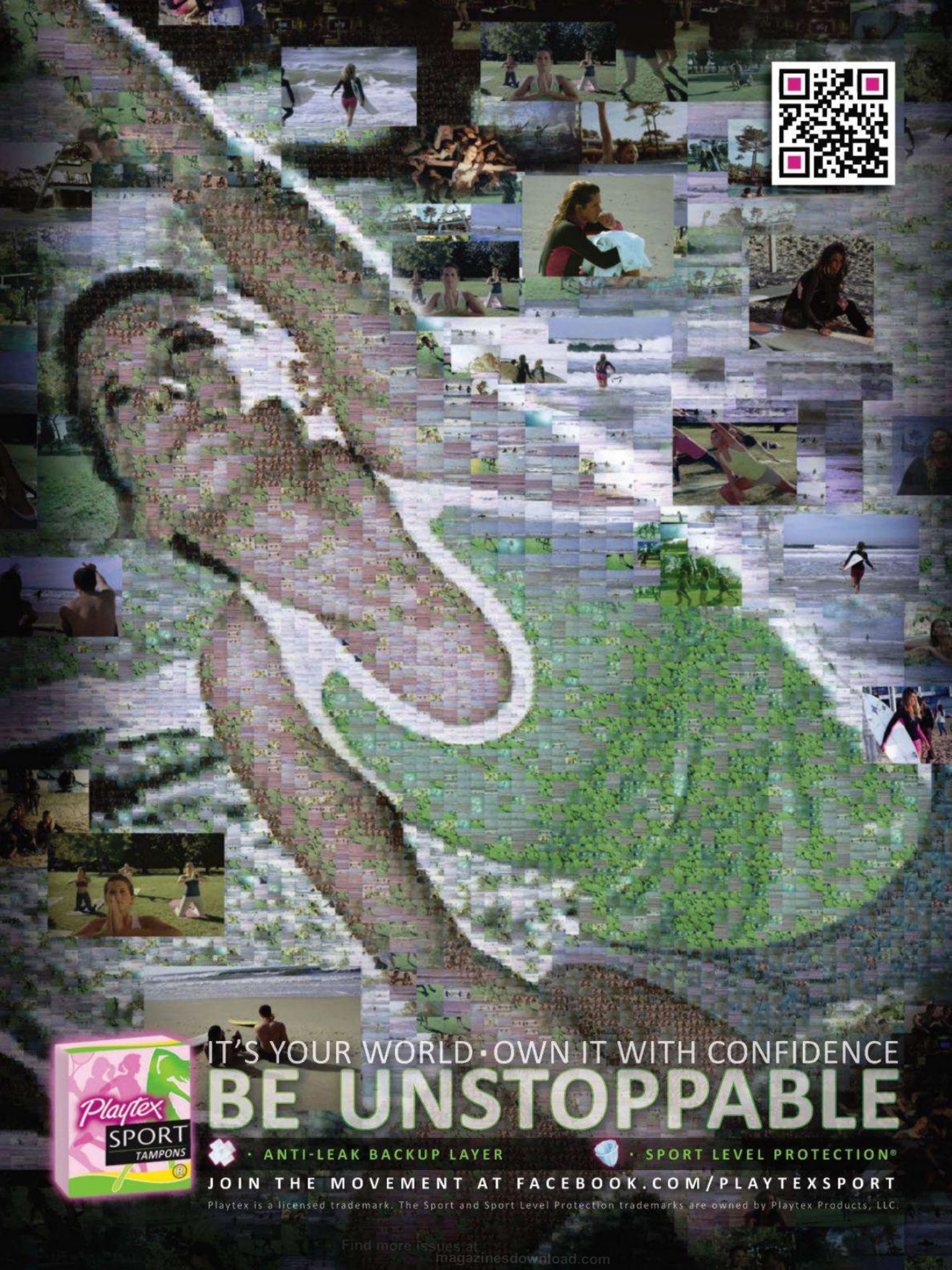
High-end style gets down-to-earth—mix tribal patterns for a fun boho statement!



belt
American Eagle Outfitters, $20, ae.com

sweater Sizes XS–L, Make Me Chic, $28, makemechic.com. **top** Sizes XS–XL, Calypso St. Barth for Target, $20, Target stores and target.com. **shorts** Sizes 4–18, Attention by Kmart, $18, Kmart and kmart.com. **necklace** Express, $35, express.com. **belt** Zara, $26, Zara stores. **bag** Billabong, $50, billabong.com. **shoes** Sizes 5½–11, Jellypop Shoes, $40, DSW stores and dsw.com.

ON REILLY: EARRINGS, LULU'S; GRAPHIC BEAD BRACELET, SORELLINA BY ADESSO; SOLID BEAD BRACELET, ADESSO; SILVER BEAD BRACELET, LULU'S; PURPLE FABRIC BANGLES, FOREVER 21.



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necklace Girlprops.com, $20, girlprops.com



hoodie Sizes XS–XL, Aéropostale, $45, Aéropostale stores and aeropostale.com.

t-shirt Sizes S–XXL, Southpole, $15, jcpenney.



leggings Sizes S–L, Urban 1972, $21, urban1972.com

Printed leggings are hot—and so cheap! (Buy two!)



bag LeSportsac, $56, lesportsac.com



sneakers Sizes 5–15, Converse, $50, converse.com



Make a bold statement for just $40!

SPORTY COOL

Workout-inspired shapes and high-energy colors pump up your whole look!



bangle Forever 21, $5, select Forever 21 stores and forever21.com



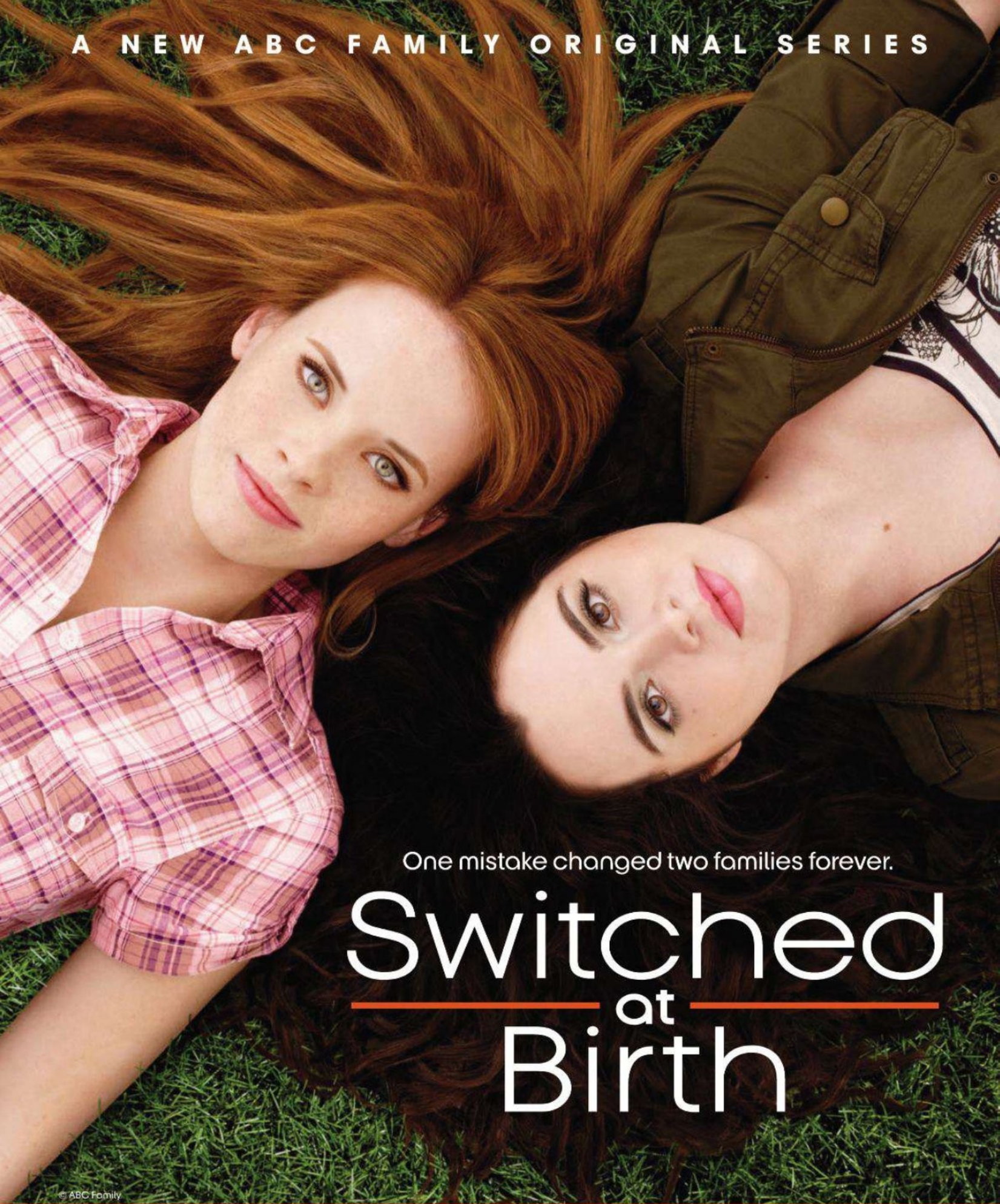
shorts Sizes S–XL, Op, $8, Walmart stores

jacket Sizes S–XL, Adidas Originals, $50, Adidas Originals stores. **hoodie** Sizes XS–L, BDG, $39, Urban Outfitters stores. **pants** Sizes S–L, Urban 1972, $40, urban1972.com. **shoes** Sizes 5½-10, AMI Clubwear, $25, amiclubwear.com.

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Luxe sparkle glams up these trendy wrap bracelets!



bracelets
Swarovski, $32 each, Swarovski boutiques and swarovski.com



marc by marc jacobs

Hip journals from a hot designer! (They'll make class notes cooler!)

notebooks
Bookmarc, $18 each, call 212-620-4021 to order

anna sui

The perfect mix of relaxed and fashion-y from a design legend!



shirt
Sizes XS–M, Anna Sui, $44, call 212-941-8406 to order

sneaky designer deals!

High-fashion look books are filled with expensive pieces—but these hidden deals will give you a dose of designer style for less.

betsey johnson

These crazy minis have an outrageous attitude, just like Betsey herself!



skirts
Sizes XS–L, Betsey Johnson Pink Label, $69 each, Betsey Johnson stores and betseyjohnson.com

l.a.m.b.

A tote that holds it all—with a chic graphic that grabs major attention!



tote
L.A.M.B., $98, Nordstrom

WIN! 10 winners

chanel

A little drop of this label goes a long way. They're still a splurge, but they'll never go out of style!



earrings
Chanel, $210, Chanel boutiques and 800-550-0005

see by chloé



key chains
See by Chloé, $115 for elephant, and $85 for rocking horse, revolveclothing.com

Turn your keys into a fashion statement. You'll carry these little gems forever!

STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLIST: MIA KATOH.

WIN! ENTER CODE WORD [TOTE] AT SEVENTEEN.COM/FREEBIES.

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summer premiere june 14
tuesdays at 8/7c

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DIY runway looks!

Why pay big bucks when you can re-create high-end designs in three easy steps?!?

COLOR-BLOCK TOTE
inspired by Fendi



what you need:



tape
Duck, $3 to $5 each roll, duckbrand.com

tote
Soho Art Materials, $8, call 212-431-3938 to order



how-to:

1. **ALTERNATE** blue and red tape in vertical columns down half the length of the tote.
2. **APPLY** white tape in horizontal strips to bottom portion of tote. Smooth tape with hand to remove any bubbles and align strips.
3. **WRAP** dark blue tape around the handles to finish the color-block look!

SAFETY-PIN TEE
inspired by Balmain



what you need:



shirt
Sizes S–XL, American Apparel, $22, americanapparel.net



how-to:

1. **SPREAD** tee out on a flat, smooth surface.
2. **CUT** slashes with a scissor in random places.
3. **ATTACH** multiple safety pins to either side of slashed holes so they cross over the tears in a cool way!



WIN! 50 winners

LOVE TO DIY?
Our cool new crafting kit is filled with all the tools you need.
Seventeen Fashion Accessory Kit, $13, amazon.com

MAIN PHOTO, BOTTOM RIGHT: ASHLEY BARRETT. FASHION STYLIST: ELISE WILSON AT RAYBROWNPRO.COM. HAIR: STACI CHILD AT DE FACTO FOR CUTLER/REDKEN. MAKEUP: ANGIE PARKER FOR DIOR BEAUTY/RAYBROWNPRO.COM. MANICURE: MYRDITH LEON-McCORMACK FOR M2MDAMOREJON AT FACTORY. ON MODEL: JEANS, JOE'S JEANS; EARRINGS AND NECKLACE, LULU'S; LEATHER CUFF WITH CHAINS, BCBGENERATION; WATCH, NIXON; SPIKE BANGLE, RHINESTONE BRACELET, AND RHINESTONE SQUARE CUFF, FANTASY JEWELRY BOX; RHINESTONE MULTISTRAP CUFF, WET SEAL. STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLISTS: MIA KATOH AND CLAIRE TEDALDI FOR HALLEY RESOURCES. RUNWAY PHOTOS: (FENDI) VENTURELLI/WIREIMAGE; (BALMAIN) CHRIS MOORE/GETTY IMAGES.

WIN! ENTER CODE WORD [DIY] AT SEVENTEEN.COM/FREEBIES.

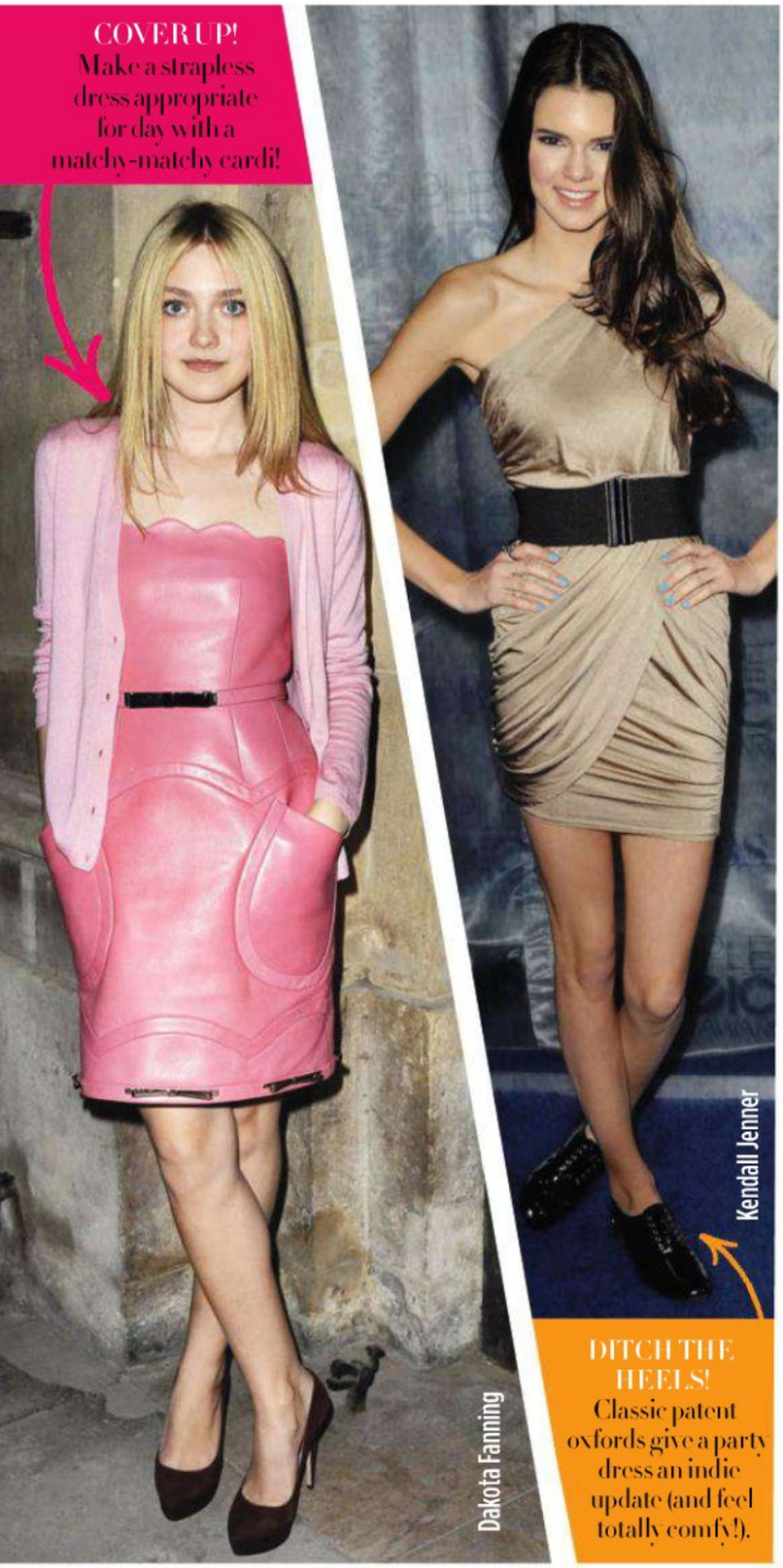
SEVENTEEN.COM Can't get enough DIY ideas? Find so many more at seventeen.com/diy.



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styling secrets (that save you $$$!)

Spice up your summer wardrobe—without spending a dime. These all-new celeb tricks make the clothes you have work double-duty!



COVER UP! Make a strapless dress appropriate for day with a matchy-matchy cardi!

Dakota Fanning

Kendall Jenner

DITCH THE HEELS! Classic patent oxfords give a party dress an indie update (and feel totally comfy!).



PIN ON SOMETHING QUIRKY! Give a plain tee a pop of personality with a cool brooch!

Chloë Moretz



Miley Cyrus

ADD SOME EDGE! Over-the-knee socks give your cutoffs a rocker vibe and are so much cheaper than thigh-high boots!

FANNING: WIREIMAGE. JENNER: WIREIMAGE. MORETZ: SIMON EARL/SPLASH NEWS. CYRUS: CLINT BREWER/SPLASH NEWS.

SEVENTEEN.COM See *shocking* celeb style makeovers at seventeen.com/celebmakeover.

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Whitney Port

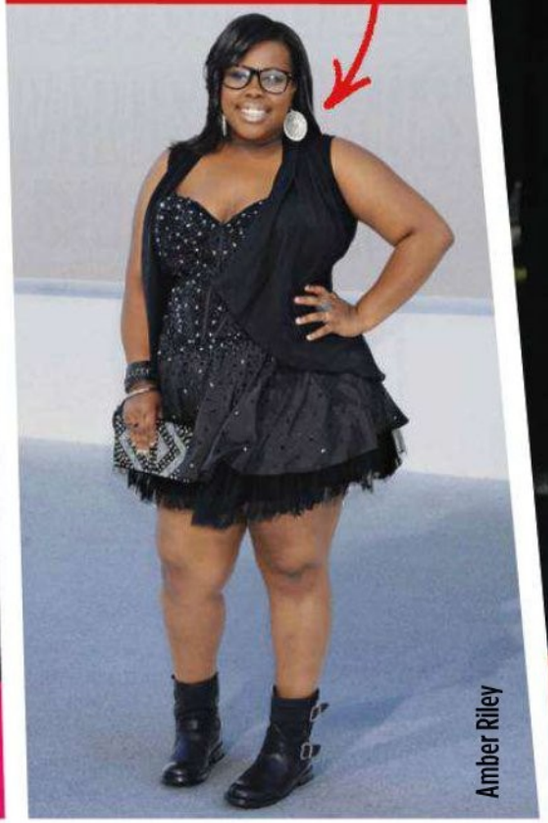
TIE A KNOT!
Pull up the side of your maxi skirt and tie it in a knot for a fun new fit!

FUSE SEXY WITH SPORTY!
Pair drawstring pants with a body-conscious top to get a cool party look!



Kat Graham

TAKE A RISK!
Mix your toughest biker boots with your swingiest party dress and dark-frame glasses for a funky, standout outfit!



Amber Riley



Ashley Tisdale

MAKE IT SHORT AND SWEET!
Dress up your favorite shorts with a flowy top and killer heels for a look that's flirty angelic.

PORT: ALBERTO E. RODRIGUEZ/GETTY IMAGES FOR PARAMOUNT PICTURES. GRAHAM: ROGER KISBY/GETTY IMAGES. RILEY: JEFFREY MAYER/WIREIMAGE. TISDALE: NOEL VASQUEZ/GETTY IMAGES FOR EXTRA.

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Ever tried speed skating on dry ice?



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Her Style

Zoe knows how to put together a girly-cool look on a teeny-tiny budget! Steal her secrets!



name: Zoe, 21
city: Toronto, ON, Canada
she ❤s: Forever 21, H&M, Value Village
designers she ❤s: Anna Sui, Jean Paul Gaultier, Alexander McQueen
style icons she ❤s: Karen O, Sharin Foo of The Raveonettes, Ashley Olsen
find her @: qqueenofhearts.blogspot.com

ADD A SWEET LITTLE DETAIL!



bow
Ban.do, $15, shopbando.com

"My style can be a little tomboy, so I always wear one super-girly element."



STEAL FROM GRANDMA!



"My grandmother gave me a ton of scarves, and I wear them a hundred ways. I love to use them to dress up a slouchy tee."

HAVE A SHOPPING STRATEGY!



"When I'm hunting for deals at places like Forever 21, I avoid the displays in front—everyone will have those pieces. Instead, I shop for special things tucked away in corners of the store."



WIN!

scarf
Jessica Simpson Collection, $28, jessicasimpson collection.com.
t-shirt
Sizes S–XL, Junk Food, $42, junkfood clothing.com.

BUY VERSATILE BASICS!





top
Sizes XS–L, American Apparel, $38, americanapparel.net

"I layer this lace tee over a colored top for a graphic punch, or over a black bra at night."

GET INSPIRED BY ART!



"My current obsession is photographer Ann He. Her photographs of flowers are why I'm buying *anything* floral right now."



wedges
Sizes 6–10, Jellypop Shoes, $40, Off Broadway stores

STILL LIFES: (FASHION) JESUS AYALA/STUDIO D; (FOREVER 21 STOREFRONT) MICHAEL DOTE; (HE PHOTOGRAPH) ANNHE.COM. ALL OTHER PHOTOS: COURTESY OF ZOE BADLEY. STILL LIFES STYLIST: (FASHION) CLAIRE TEDALDI FOR HALLEY RESOURCES.

WIN! ENTER CODE [TEE] AT SEVENTEEN.COM/FREEBIES.

SEVENTEEN.COM See more of Zoe's looks—under $50—at seventeen.com/stylecrush

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prints charming

As the temperature gets hotter, prints get cooler. Try a tropical floral. Add wedges and you can't go wrong.

★mstylelab

JESSICA SIMPSON JEANSWEAR
Floral ikat top with crocheted detail. Cotton. XS-XL. $59.
Denim utility shorts. Cotton. Waists 25-32. $44.

Visit macys.com/mstylelab for more of the hottest trends.

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find the perfect party dress

ALL UNDER $30!

These great looks will get you through any event—at prices worth celebrating!



dress Sizes XS–M, 579, $20, 579 stores.
bikini top Sizes XS–XL, Op, $8, Walmart stores.
belt AMI Clubwear, $16, amiclubwear.com.
sneakers Sizes 5–15, Converse, $45, converse.com.

dress Sizes S–XXL, Mark, $30, meetmark.com.
belt Make Me Chic, $7, makemechic.com.
clutch Melie Bianco, $48, lulus.com.
heels Sizes 5½–10, GoJane, $21, gojane.com.

dress Sizes XS–XL, Olsenboye by jcpenney, $25, jcpenney and jcp.com. **shirt** Sizes S–L, Vanilla Star Jeans, $30, Wet Seal stores.
boots Sizes 5½–10, Urbanog, $25, urbanog.com.

REAL-GIRL PHOTOS: SARRA FLEUR ABOU-EL-HAJ/STUDIO D. SENIOR FASHION EDITOR: ANNEBET DUVALL. HAIR: DAMIAN MONZILLO FOR DAVINES HAIRCARE AT BEAUTYWINGNY.COM. MAKEUP: SERGEY LOGVINOV AT BEAUTYWINGNY FOR CHANEL. ON CATERINE: (POOL PARTY) BLUE BRACELET AND GOLD BEADED BANGLE, LULU'S; PEACH BANGLE, MAKE ME CHIC; YELLOW-AND-CLEAR RHINESTONE BRACELET, MIXIT BY JCPENNEY; PEACH FABRIC-AND-CLEAR RHINESTONE BRACELET, ETTIKA; (WEDDING) CHERRY NECKLACE, GIRLPROPS.COM; LEOPARD NECKLACE, M. HASKELL; GOLD BEADED BANGLE, LULU'S; BRONZE BANGLES, AMI CLUBWEAR; RED RHINESTONE BRACELET, MIXIT BY JCPENNEY; RING, BCBGENERATION; (MUSIC FEST) PENDANT NECKLACE, BETSEY JOHNSON; MULTIPLE CHAIN NECKLACE, SENIOR FASHION EDITOR'S OWN; THICK BLACK RHINESTONE BANGLE, BEN-AMUN; BLUE RHINESTONE BRACELET, MIXIT BY JCPENNEY; RING, URBANOG.

WIN! ENTER CODE WORD [DRESS] AT SEVENTEEN.COM/FREEBIES.

SEVENTEEN.COM Get outfit ideas from readers at seventeen.com/partyoutfits.



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FASHION HAUL!

Get the greatest stuff in stores right now—before it's all gone!

1 STACKED NECKLACE

These multicolor discs have that cool arts-and-crafts feel!

necklace
Mango, $35, mangoshop.com

2 MESSAGE TEE

Hands down, the cheekiest tee you'll ever see!



t-shirt
Sizes S–L, Forever 21, $15, select Forever 21 stores and forever21.com

3 BRIGHT BAG

Love the Celine vibe but can't afford it? Here's your little piece of minimal chic!



bag
Asos, $27, asos.com

4 PATCHWORK SHORTS

The fading makes these shorts look like an amazing vintage-store find.



shorts
Sizes 2–12, Topshop, $70, topshop.com

5 PEEP-TOE HEELS

Red is hot for summer—get in on the trend with these cute shoes.

shoes
Sizes 5–10, H&M, $60, H&M stores



6 STRIPED ROMPER

A flirty shape in a classic pattern is even sexier!

romper
Sizes XS–XL, Charlotte Russe, $20, Charlotte Russe stores and charlotterusse.com



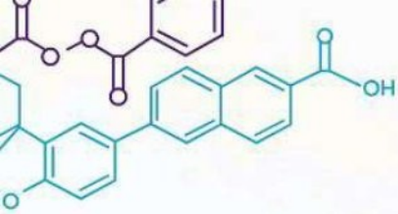
WIN! 10 winners

WIN! ENTER CODE [ROMPER] AT SEVENTEEN.COM/FREEBIES.

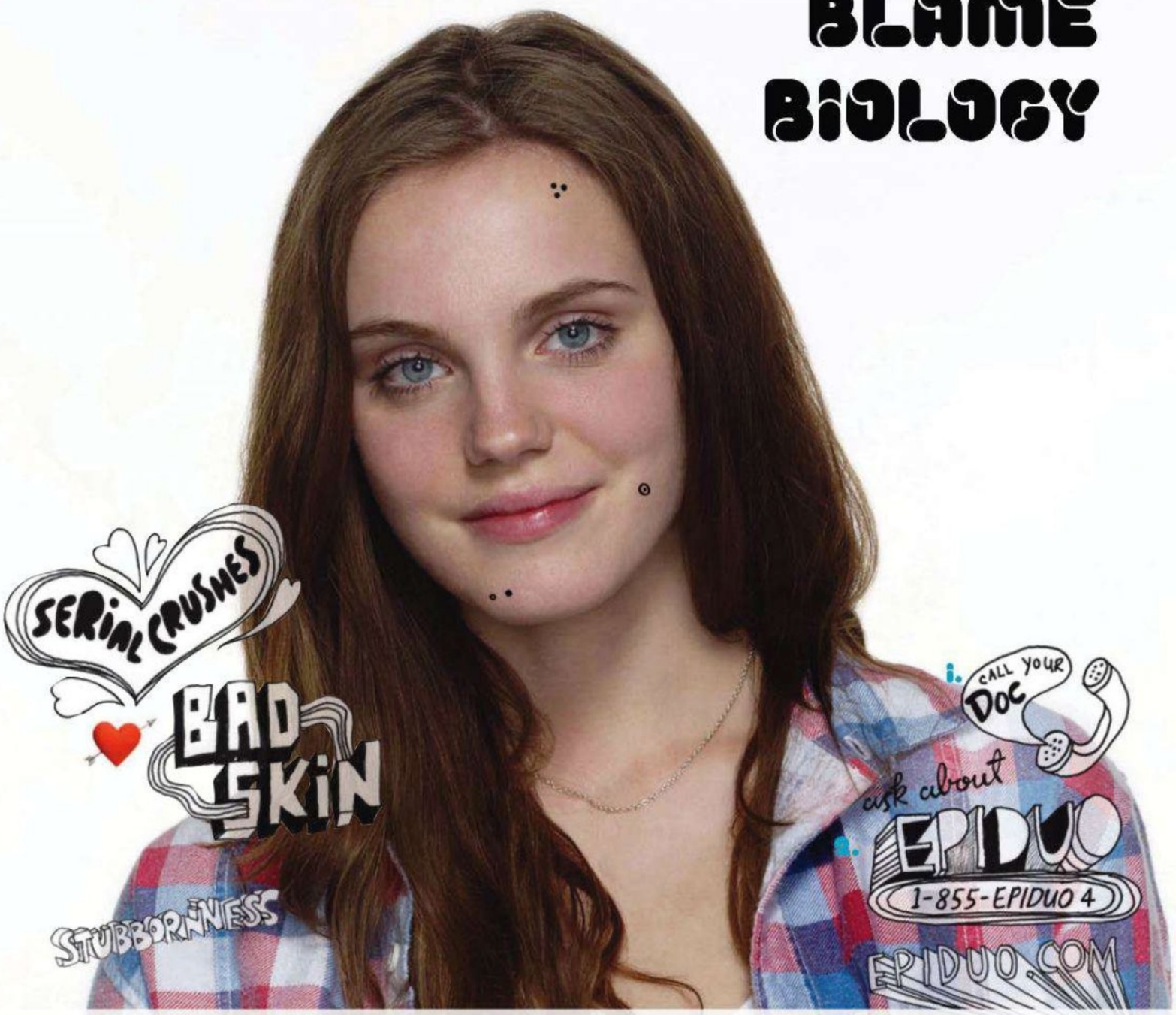
SEVENTEEN.COM See the coolest new stuff before everyone else! Watch our haul video at seventeen.com/fashionhaul

STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLIST: MIA KATOH.

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BLAME BIOLOGY



YOU CAN'T FIGHT YOUR HORMONES, BUT YOU CAN DO SOMETHING ABOUT THE ACNE BREAKOUTS THEY CAUSE. SO BLAME BIOLOGY™, THEN 1. CALL YOUR DOCTOR, AND 2. ASK ABOUT PRESCRIPTION EPIDUO® *(adapalene and benzoyl peroxide)* GEL 0.1%/2.5%. IT'S THE FIRST (AND ONLY!) ONCE-A-DAY TOPICAL GEL THAT COMBINES TWO OF THE MOST WIDELY PRESCRIBED ACNE MEDICATIONS TO WORK ON THE BREAKOUTS YOU HAVE AND HELP PREVENT NEW ONES. EASY.
// YOU COULD PAY NO MORE THAN $35* FOR YOUR EPIDUO® PRESCRIPTION. *Go to Epiduo.com to find out how.*

IMPORTANT SAFETY INFORMATION: Epiduo® Gel is indicated for the topical treatment of acne vulgaris in patients 12 years and older. Apply to affected skin once per day, avoiding the eyes, lips and mucous membranes. The most common adverse events associated with use of Epiduo® Gel are redness, scaling, dryness, stinging and burning. In addition, you may also experience contact dermatitis and/or skin irritation. These side effects typically resolve during the first four weeks of treatment, but speak to your doctor if they persist. You should avoid excessive exposure to sunlight and sunlamps while using Epiduo® Gel, and using sunscreen products and protective clothing is recommended. Do not use irritating topical products that contain resorcinol, salicylic acid or sulfur when using Epiduo® Gel. Epiduo® Gel has not been tested in pregnant or nursing women, or with the elderly. Pregnancy Category C.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Brief Summary of Prescribing Information on next page.

** For most insured patients. Restrictions may apply. See Epiduo.com/rebate for details. Not valid for prescriptions reimbursed under Federal/State programs. Uninsured patients please go to Epiduo.com/rebate for more information.*

JUNE National Acne Awareness Month

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Epiduo® (adapalene and benzoyl peroxide) Gel 0.1% / 2.5%

EPIDUO™

Rx only

(adapalene and benzoyl peroxide) Gel 0.1% / 2.5%

For Topical Use Only
Not For Ophthalmic, Oral, or Intravaginal Use.

BRIEF SUMMARY

INDICATIONS AND USAGE

EPIDUO Gel is a combination of adapalene, a retinoid, and benzoyl peroxide, and is indicated for the topical treatment of acne vulgaris in patients 12 years of age and older.

CONTRAINDICATIONS

None.

WARNINGS AND PRECAUTIONS

Ultraviolet Light and Environmental Exposure: Avoid exposure to sunlight and sunlamps. Wear sunscreen when sun exposure cannot be avoided.
Erythema, scaling, dryness, and stinging/burning may occur with use of EPIDUO Gel.

ADVERSE REACTIONS

Observed local adverse reactions in patients treated with EPIDUO Gel were erythema, scaling, dryness, stinging, and burning. Other most commonly reported adverse events (≥1%) in patients treated with EPIDUO Gel were dry skin, contact dermatitis, application site burning, application site irritation, skin irritation.

DRUG INTERACTIONS

Exercise caution in using preparations containing sulfur, resorcinol, or salicylic acid, medicated or abrasive soaps and cleansers and products with high concentrations of alcohol or astringents in combination with EPIDUO Gel.
Concomitant use of topical products with a strong drying effect can increase irritation. Use with caution.

Pregnancy

Pregnancy Category C. There are no well-controlled trials in pregnant women treated with EPIDUO Gel. Animal reproduction studies have not been conducted with the combination gel or benzoyl peroxide. Furthermore, such studies are not always predictive of human response; therefore, EPIDUO Gel should be used during pregnancy only if the potential benefit justifies the risk to the fetus.
No teratogenic effects were observed in rats treated with oral doses of 0.15 to 5.0 mg adapalene/kg/day, up to 25 times (mg/m²/day) the maximum recommended human dose (MRHD) of 2 grams of EPIDUO Gel. However, teratogenic changes were observed in rats and rabbits when treated with oral doses of ≥ 25 mg adapalene/kg/day representing 123 and 246 times MRHD, respectively. Findings included cleft palate, microphthalmia, encephalocele and skeletal abnormalities in rats; and umbilical hernia, exophthalmos and kidney and skeletal abnormalities in rabbits. Dermal teratology studies conducted in rats and rabbits at doses of 0.6-6.0 mg adapalene/kg/day [25-59 times (mg/m²) the MRHD] exhibited no fetotoxicity and only minimal increases in supernumerary ribs in both species and delayed ossification in rabbits.

Nursing Mothers

It is not known whether adapalene or benzoyl peroxide is excreted in human milk following use of EPIDUO Gel. Because many drugs are excreted in human milk, caution should be exercised when EPIDUO Gel is administered to a nursing woman.

Pediatric Use

Safety and effectiveness of EPIDUO Gel in pediatric patients under the age of 12 have not been established.

Geriatric Use

Clinical studies of EPIDUO Gel did not include sufficient numbers of subjects aged 65 and over to determine whether they respond differently from younger subjects.

Carcinogenesis, Mutagenesis, Impairment of Fertility

No carcinogenicity, photocarcinogenicity, genotoxicity, or fertility studies were conducted with EPIDUO Gel.
Carcinogenicity studies with adapalene have been conducted in mice at topical doses of 0.4, 1.3, and 4.0 mg/kg/day (1.2, 3.9, and 12 mg/m²/day), and in rats at oral doses of 0.15, 0.5, and 1.5 mg/kg/day (0.9, 3.0, and 9.0 mg/m²/day). In terms of body surface area, the highest dose levels are 9.8 (mice) and 7.4 times (rats) the MRHD of 2 grams of EPIDUO Gel. In the rat study, an increased incidence of benign and malignant pheochromcytomas in the adrenal medulla of male rats was observed.
No significant increase in tumor formation was observed in rodents topically treated with 15-25% benzoyl peroxide carbopol gel (6-10 times the concentration of benzoyl peroxide in EPIDUO Gel) for two years. Rats received maximum daily applications of 138 (males) and 205 (females) mg benzoyl peroxide/kg. In terms of body surface area, these levels are 27-40 times the MRHD. Similar results were obtained in mice topically treated with 25% benzoyl peroxide carbopol gel for 56 weeks followed by intermittent treatment with 15% benzoyl peroxide carbopol gel for rest of the 2 years study period, and in mice topically treated with 5% benzoyl peroxide carbopol gel for two years.
The role of benzoyl peroxide as a tumor promoter has been well established in several animal species. However, the significance of this finding in humans is unknown.
In a photocarcinogenicity study conducted with 5% benzoyl peroxide carbopol gel, no increase in UV-induced tumor formation was observed in hairless mice topically treated for 40 weeks.
No photocarcinogenicity studies were conducted with adapalene. However, animal studies have shown an increased tumorigenic risk with the use of pharmacologically similar drugs (e.g., retinoids) when exposed to UV irradiation in the laboratory or sunlight. Although the significance of these findings to humans is not clear, patients should be advised to avoid or minimize exposure to either sunlight or artificial irradiation sources.
Adapalene did not exhibit mutagenic or genotoxic effects *in vitro* (Ames test, Chinese hamster ovary cell assay, mouse lymphoma TK assay) or *in vivo* (mouse micronucleus test).
Bacterial mutagenicity assays (Ames test) with benzoyl peroxide has provided mixed results, mutagenic potential was observed in a few but not in a majority of investigations. Benzoyl peroxide has been shown to produce single-strand DNA breaks in human bronchial epithelial and mouse epidermal cells, it has caused DNA-protein cross-links in the human cells, and has also induced a dose-dependent increase in sister chromatid exchanges in Chinese hamster ovary cells.
In rat oral studies, 20 mg adapalene/kg/day (120 mg/m²/day; 98 times the MRHD based on mg/m²/day comparison) did not affect the reproductive performance and fertility of F_0 males and females, or growth, development and reproductive function of F_1 offspring.
No fertility studies were conducted with benzoyl peroxide.

PATIENT COUNSELING INFORMATION

- Advise patients to cleanse the area to be treated with a mild or soapless cleanser; pat dry. Apply EPIDUO Gel as a thin layer, avoiding the eyes, lips and mucous membranes.
- Advise patients not to use more than the recommended amount and not to apply more than once daily as this will not produce faster results, but may increase irritation.
- EPIDUO Gel may cause irritation such as erythema, scaling, dryness, stinging or burning.
- Advise patients to minimize exposure to sunlight, including sunlamps. Recommend the use of sunscreen products and protective apparel, (e.g., hat) when exposure cannot be avoided.
- EPIDUO Gel may bleach hair and colored fabric.

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10 HOT TRENDS (for $10 or under!)

With these amazing beauty ideas, you'll be a perfect ten without spending a ton. BY meredith gray

MAIN PHOTOS: PETER ROSA/STUDIO D; SENIOR FASHION EDITOR: ANWEBET DUVALL. HAIR: TYLER LASWELL FOR 7RESEMME AT JUDY CASEY, INC. MAKEUP: KEIKO HIRAMOTO FOR DIOR BEAUTY AT BRYAN BANTRY, INC. MANICURE: MYRDITH LEON MCCORMACK FOR DIOR BEAUTY AT FACTORY DOWNTOWN. SPRAY TAN: NATALIE CURED SUNLESS TANNING EXPERT AND HEAD TECHNICIAN AT SUNDARA AIRBRUSH TANNING IN NEW YORK. ON MODELS: (THIS PAGE) TANK, MODA INTERNATIONAL. EARRINGS: STYLIST'S OWN; STRIPED NECKLACE, JUICY COUTURE; BOW NECKLACE, LULU'S; (OPPOSITE PAGE) TANK, ELLA MOSS. NECKLACE, HELEN FICALORA. KARDASHIAN: ANTHONY GOODRICH/BUZZFOTO/FILMMAGIC. STILL LIFES: (GLUE GUN) STEVE GORTON/GETTY IMAGES; (ALL OTHERS) J. MUCKLE/STUDIO D.

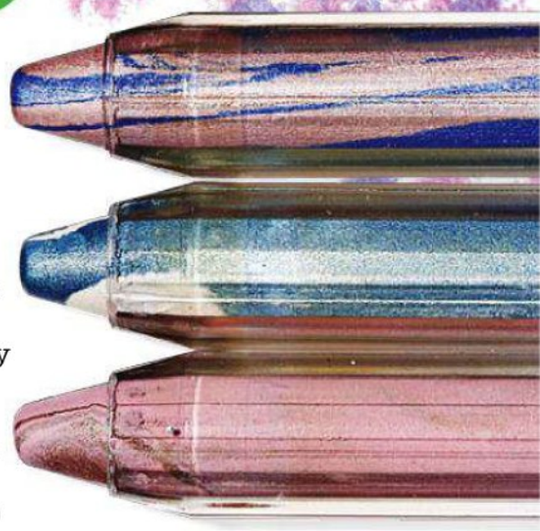
1 $6 MATTE PINK LIPS

Brighten up for summer without wearing a lot of makeup! This fruit punch lip cream is the perfect juicy shade.



try: Nyx Cosmetics Soft Matte Lip Cream in Addis Ababa, $6, nyxcosmetics.com

2 $10 MARBLED EYELINERS



These colorful pencils are the multitaskers of your makeup bag! As a shadow or liner, they reveal different shades as you apply them, so you get a completely customized look each time!

try: Mark Ibiza Sol Marbleized Eye Shadow Sticks in Island Nights, Aqua Deep, and Bronze Chic, $10 each, meetmark.com

3 ROPE HEADBAND

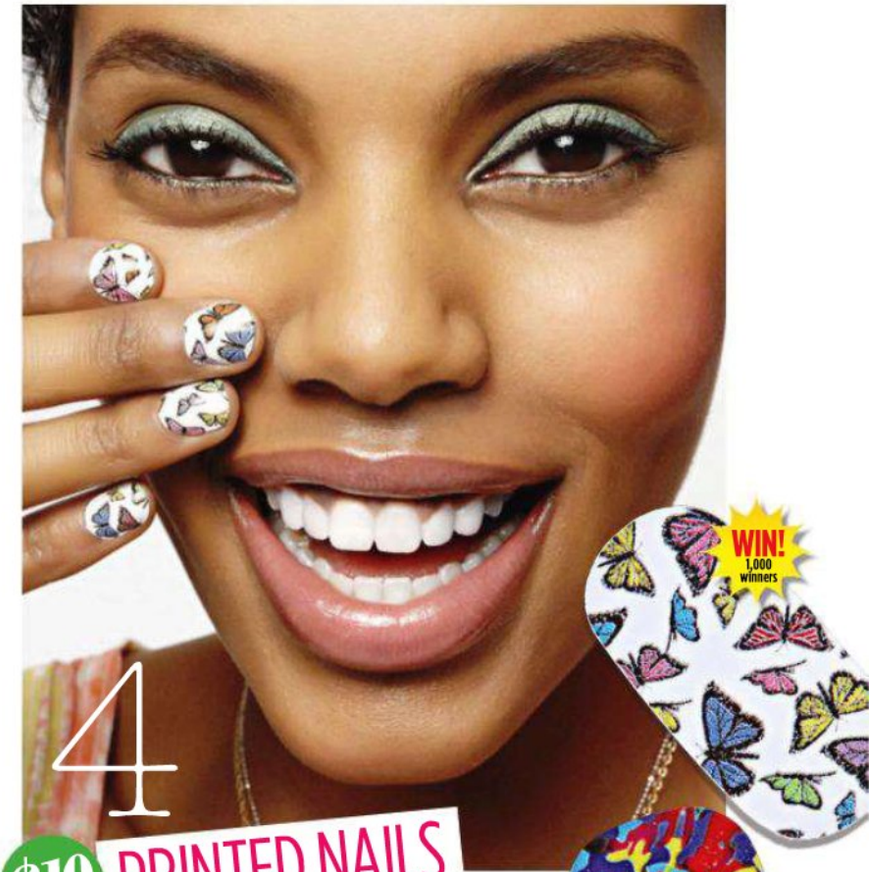
DIY!



Kim Kardashian rocks hers with soft waves!



HOW-TO: Pass the rope through the elastic and fold the rope in half. Keeping the elastic at the looped end, tie a knot in the center of the rope. Then loop the loose ends of the rope through the other end of the elastic, and fold them back onto the rope. Use a dab of glue to hold them in place.



4 $10 PRINTED NAILS

Stand out in a sea of solids and make your nails the ultimate accessory! These tabs bond to your nails like liquid polish—press them on from the center outward, then file off the tips to your natural length.

try: Sally Hansen Salon Effects Real Nail Polish Strips in Collide-o-Scope and Fly With Me, $10 each, drugstores

WIN! ENTER CODE [NAILS] AT SEVENTEEN.COM/FREEBIES.

More at magazinesdownload.com or ebook-free-download.net

Find more issues at magazinelibrary.com





$5

try: Goody Modern Organica Kinsley Clip, $5, Target stores



try: Goody Modern Organica Floral Bling Bobby Slides, $5 for two, Target stores

$5



$3

try: Forever 21 Little Floral Bow Hair Clips, $3 for two, forever21.com

5 STACKED BARRETTES

Personalize a plain pony with lots of layered barrettes! Slide a few in just above your ear, and line them up in parallel rows. Stick to three in color-coordinating shades so it's chic, not silly.

DIY!

6 SUNNY HAIR GLAZE

HOW-TO: Give your hair glossy highlights with a citrus conditioning mix! Squeeze the juices of one lemon, lime, and orange together in a spray bottle, then mix in a dollop of conditioner and shake it up. Spritz on wet hair (just from midlength to ends for the most natural highlighted look), and comb through. Leave in for 30 minutes, then rinse.



Ashley Benson has the most perfect sun-kissed waves!

=



LEMON, LIME, AND ORANGE JUICE

+



CONDITIONER



try: Hard Candy Fox in a Box Blushing Quad in Hot Flash, $6, Walmart stores

7 $6 FLUSHED CHEEKS

Blush and bronzer duos can be pricey, but this quad gives you four ways to glow! Use each shade separately or swirl them together—the mix gives you a natural dose of color.

STILL LIFES: (ORANGE) DAVIES AND STARR/GETTY IMAGES; (LEMON) BURAZIN/GETTY IMAGES; (LIME) CARTER/PHOTODISC. ON MODEL: TANK, EZEKIEL; EARRINGS AND NECKLACE, HELEN FICALORA. BENSON: STEVE MACK/FILMMAGIC. IT EXPERT: JOSE NICOLAS, OWNER OF THE RYAN DARIUS SALON IN NEW YORK, NY.



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8 $10 SCENTED DOG TAGS

Get closer than ever to The Biebs! These fun dog tags have a yummy pomegranate scent built in, so you get a subtle fragrance that lasts and lasts. Plus, they come with cute pics of Justin, making them feel like a special keepsake!



17 exclusive! From May 17 through July 4, you can score a My World dog tag for $9! Just go to etoilenation.com and enter the code 17LOVESETOILE.



Justin loves his dog tags—now you can steal his style!

try: Etoile Nation Justin Bieber My World Collection Fragrance Dog Tags in One Less Lonely Girl and Never Say Never, $10 each, etoilenation.com



9 $3 LIME-GREEN SHADOW

With bronzy summer skin, this bright green makes your eyes pop! Bonus: Not only do you get three shades for just three bucks, but they're also labeled to make contouring a breeze.

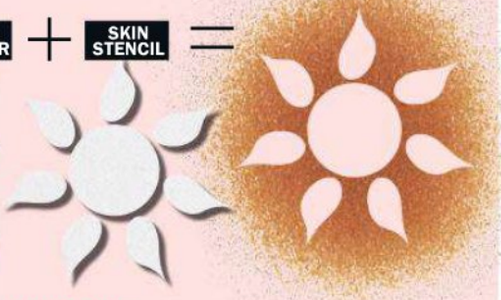
try: Wet n Wild Color Icon Eyeshadow Trio in I Dream of Greenie, $3, drugstores

DIY!

10 SPRAY-TAN TATTOO



SELF-TANNER + SKIN STENCIL =



HOW-TO: Show some skin in the coolest way—with a custom-created "tattoo"! Use construction paper to make your favorite shape, then press the edges against your skin with double-sided tape. Spray your self-tanner all over; once it has fully set, lift the stencil to reveal your design.

try: Banana Boat Summer Color Self-Tanning Mist, $9, drugstores

ON MODEL: TANK, ARMANI EXCHANGE; EARRINGS, BETSEY JOHNSON; NECKLACE, HELEN FICALORA. BIEBER: WENN.COM.

SEVENTEEN.COM Celeb hair and makeup experts dish on their favorite beauty bargains at seventeen.com/beautybargain.

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medium-thick [the beachy bob]

Embrace your feminine side with The Beachy Bob. The first step in getting this trendy tousled 'do is strengthening your medium-thick locks against styling damage while fighting any unwanted frizz with **Pantene Pro-V Nature Fusion Smooth Vitality Collection**. Complete the must-have look with **Pantene Pro-V Medium-Thick Hair Styling Products**.



how to get the beachy bob:

- Wash and condition with **Nature Fusion Smooth Vitality Shampoo and Conditioner**.
- Cover a medium-sized brush in **Medium-Thick Hair Flowing Body Mousse** and work it through your hair. Blow-dry hair upside down with the brush.
- Create a side part with a comb. Then, gather the top layer of your hair and clip it up.
- Take 1-inch sections of the bottom layer of your hair, place the tips of hair over the barrel of a curling iron, and curl upward. Hold for 8-10 seconds. Repeat throughout the bottom layer of your hair. Unclip the top layer, and repeat.
- Separate sections from root to tip with your fingers.
- Spray hair with **Medium-Thick Hair Heat Protection & Shine Spray** and rub your hands through your hair from root to tip.

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fine [the sleek side pony]

Add some playfulness to your look with The Sleek Side Pony. To get this summer-chic style, start with **Pantene Pro-V Nature Fusion Smooth Vitality Collection** to give your hair a smooth texture, while strengthening your hair against styling damage. Get The Sleek Side Pony with **Pantene Pro-V Fine Hair Styling Products**.



how to get the sleek side pony:

- Wash and condition with **Nature Fusion Smooth Vitality Shampoo and Conditioner**.
- Spray hair all over with **Fine Hair Anti-Breakage Detangler**. Comb from roots to tips.
- Place a brush underneath the hair and a blow dryer on top. Work the brush and blow dryer from root to tip, straightening and drying the hair as you go.
- Create a straight part on one side. Keeping the part intact, create the side pony by gathering hair on the opposite side. Smooth the back of your hair with a brush and ensure the part is well-defined.
- While holding the ponytail in place, remove a small section on the outer edge of the ponytail and let it fall aside. Secure the ponytail with a rubber band.
- Take the small section of hair that you set aside and wrap it around the ponytail. Pin the ends beneath ponytail using bobby pins.
- Slightly fan out the ponytail and finish with **Fine Hair Touchable Volume Hairspray**.

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fine hair

Get volume that lasts with styling options from Pantene Pro-V Fine Hair Solutions.

fine [the sleek side pony]

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curly [the heat wave]

Get a sizzling summer look with The Heat Wave. Prep your curls with **Pantene Pro-V Nature Fusion Smooth Vitality Shampoo and Conditioner** to give your hair a smooth texture, while strengthening against styling damage. Get The Heat Wave with **Pantene Pro-V Curly Hair Series Styling Products**.



how to get the heat wave:

- Wash and condition hair with **Nature Fusion Smooth Vitality Shampoo and Conditioner**.
- Work a small amount of **Curly Hair Curl Defining Mousse** into your hair evenly from root to tip.
- Blow-dry hair with a diffuser, on low heat, to keep your curls intact.
- Pull your hair back into a ponytail using a brush to ensure the crown of your head is smooth. Secure the pony 2-3 inches above the nape of the neck with colorful hairband or scarf.
- Once the hair is secured in the low ponytail, use your fingers to separate the curls, providing more texture and volume.
- Spray the ponytail with **Curly Hair Satin Hold Hairspray**.


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Watch *Seventeen* Beauty Smartie Ingrid's video to get insider tips on how to get The Sleek Side Pony with Pantene. There are two ways to watch:

1 View NOW instantly from your smartphone
Step 1: Just download the free app at http://gettag.mobi **Step 2:** Scan this code **Step 3:** Watch!

Your carrier's MMS/picture messaging and standard carrier rates may apply. You must have a camera-enabled phone capable of sending pictures. To view the video your phone must be video-enabled. Program available on most carrier networks and in the U.S. only. For complete mobile terms and conditions, please log on to Microsoft.com/tag.

NOTE: Pantene provided Ingrid with complimentary products to try.



2 Go to **seventeen.com/pantene** to check out Ingrid's video!



Pantene Pro-V Nature Fusion

Pantene Pro-V Nature Fusion improves the strength* of your hair to protect it during all that styling. Its shampoo and conditioner systems unlock the power of Pro-V (or, advanced) ingredients to provide up to 10x strength against damage* and help restore natural radiance. To transform frizzy hair to a silky and smooth texture, use **The Smooth Vitality Collection**, which is formulated with a blend of cassia, avocado, bamboo, and grapeseed extracts.

For more styles, visit **pantene.com/hairstyles**!

*Strength against damage vs. non-conditioning shampoo.



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seventeen BEAUTY SMARTIES

big looks on a tiny budget

You don't need a ton of products to make a major impact. The Beauty Smarties came up with these pretty ideas for just $10 or less! BY molly ritterbeck



dana's look: AQUA CAT EYES

"I'd rock this glam eyeliner out every night of summer!"
Watch her videos at: seventeen.com/beautysmarties.



try: Wet n Wild Idol Eyes Crème Shadow in Electro, $2, drugstores; NYC New York Color Blushable Crème Stick in Mauvin' Uptown, $4, drugstores; E.l.f. Glitter Gloss in Bronze Bling, $3, eyeslipsface.com.

HOW-TO:



wing out

"Cover your lid with pencil, then trace along the bottom lashline. Drag both lines up at the outer corners to meet just below the end of your brows."



add color

"This blush stick is so simple to use! Smile to find the apples of your cheeks, then dot the cream on and gently blend in with your fingers."



get glossy

"You don't need to spend a ton for a glittery gloss—this color picks up the pretty peach tones in your cheeks and the gold flecks add mega shine!"

blair's look: FLIRTY FLUSH

"A dramatic coral cheek will *really* get you noticed!"
Watch her videos at: seventeen.com/beautysmarties.



try: Wet n Wild Color Icon Blusher in Pearlescent Pink, $3, drugstores; Jordana Color Effects Eyeshadow Single in Snowy White, $2, Kmart stores; Essence All Eyes on Me Mascara in Black, $2, ulta.com; Bodycology Healthy Kiss Lipgloss in Pomegranate Splash, $3, Walmart stores.

HOW-TO:



dust on blush

"Using a foundation brush to apply blush gives you better control over where the color goes! Sweep it back toward your hairline for a romantic, rosy look."



highlight eyes

"Apply a pearly shadow all over for a hint of shimmer that won't distract from your bold cheeks. Add two coats of mascara for extra-fluttery lashes."



brighten lips

"This juicy gloss is the perfect pop of sheer color for summer! Use a lip brush to get a perfect shape along your Cupid's bow, then fill in lips to finish."



REAL-GIRL PHOTOS: CHRIS ECKERT/STUDIO D. FASHION STYLIST: CHRISSY LLOYD AT MARILYNBALLARD.COM. HAIR: TYLER LASWELL FOR TRESEMMÉ/JUDY CASEY, INC. MAKEUP: BRIAN DUPREY FOR NARS COSMETICS AT JUDY CASEY, INC. MANICURE: TATYANA MOLOT FOR LANCÔME/ARTISTSBYTIMOTHYPRIANO.COM. ON DANA: TANK, RUE21; EARRINGS, FOREVER 21. ON BLAIR: TOP, YA; NECKLACE, HELEN FICALORA. STILL LIFES: J. MUCKLE/STUDIO D.

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"if you want to pick up some color at the beach... I say go

brazil iant."

Essie



new **summer** 2011 shades

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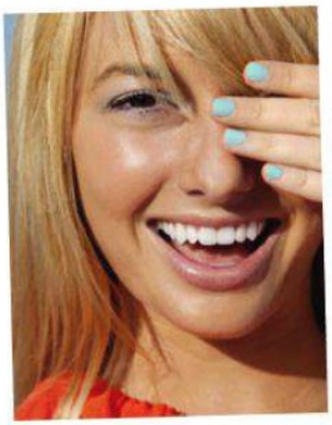
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bright bargains

$10 & UNDER

Light up your summer look with products that are light on your wallet!

BY molly ritterbeck



SORBET POLISHES

These pretty pastels are as sweet as a yummy summer treat!

PEACH
try: Essie Nail Polish in Tart Deco, $8, drugstores

BANANA
try: Sally Hansen Complete Salon Manicure in Yellow Kitty, $8, drugstores

BLUEBERRY
try: OPI Nail Lacquer in Mermaid's Tears, $9, opi.com for salons



GRAPE SHADOWS

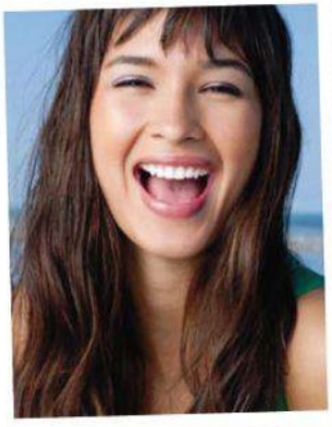
Whether it's a line or your whole lid, purple flatters every skin tone!

WIN! 50 winners

POWDER
try: Milani Baked Eyeshadow in Purrr-Fect Purple, $8, milanicosmetics.com

PALETTE
try: Rimmel London Glam'Eyes Trio Eyeshadow in Fever, $5, drugstores

CREAM
try: Revlon Illuminance Crème Shadow in Wild Orchids, $7, drugstores



PEARL HIGHLIGHTERS

Just a dab of shimmer along your cheekbones gives you a sunny radiance!

GOLD
try: Sonia Kashuk Super Sheer Shimmering Highlighter, $10, Target stores

COPPER
try: Mark Get Bright Hook Up Highlighter in Deep, $6, meetmark.com

ROSE
try: Hard Candy Glow All the Way Face and Body Illuminizer in Doll Face, $8, Walmart stores



FRUITY GLOSSES

Juice up your lips with a kiss of sheer gloss!

WATERMELON
try: Wet n Wild Glassy Gloss Lip Gel in Glass Is in Session, $3, drugstores

PINEAPPLE
try: GeoGirl VBS Lipgloss in Pineapple, $4, Walmart stores

TANGERINE
try: CoverGirl WetSlicks Fruit Spritzers in Tangerine Splash, $6, drugstores

MAIN PHOTOS: (SORBET POLISHES AND GRAPE SHADOWS) OLIVIA GRAHAM. SENIOR FASHION EDITOR: ANNEBET DUVALL. HAIR: MIOK FOR WELLA PROFESSIONALS/JUDY CASEY, INC. MAKEUP: ROBIN SCHOEN FOR DIOR BEAUTY AT UTOPIA. MANICURE: DONNA D FOR ARTISTSBYTIMOTHYPRIANO.COM AND CHANEL. SPRAY TAN: JILL GOLDMAN FOR SOUTH FLORIDA SPRAY TAN. OTHER PHOTOS: (PEARL HIGHLIGHTERS) COLETTE DE BARROS; (FRUITY GLOSSES) ONDREA BARBE. STILL LIFES: (GRAPE SHADOWS) J MUCKLE/STUDIO D; (ALL OTHERS) DON PENNY/STUDIO D.

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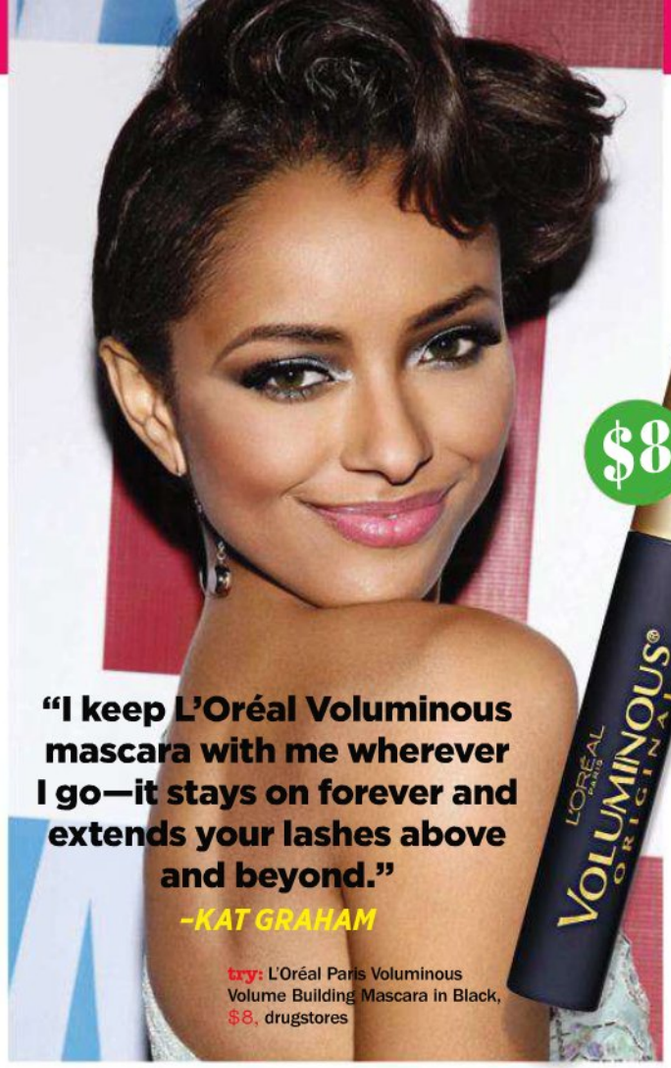
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Kemp is wearing Eye Studio® Color Pearls™ Eyeshadow in Carbon Frost. ©2011 Maybelline LLC.

stars' $teal$!

Celebs can get their hands on *any* product in the world—turns out, they can't live without these cheapie must-haves. BY molly ritterbeck



"I keep L'Oréal Voluminous mascara with me wherever I go—it stays on forever and extends your lashes above and beyond."
–KAT GRAHAM

try: L'Oréal Paris Voluminous Volume Building Mascara in Black, $8, drugstores



"To get a **silky straight style,** I use Pantene's smoothing crème before I straighten my hair with a flat-iron. It tames my frizz and flyaways, even on the *worst* bad hair day!"
–SHAY MITCHELL

try: Pantene Medium-Thick Straighten & Smooth Crème, $7, drugstores



try: Neutrogena Oil-Free Acne Wash Pink Grapefruit Foaming Scrub, $8, neutrogena.com

"When I need to get up early, the **fruity smell** of Neutrogena's Pink Grapefruit face wash wakes me up!"
–MIRANDA COSGROVE



"I love that natural no-makeup look, so I use this Mark coral-y gloss. It adds a **hint of color** and the prettiest shine."
–ASHLEY GREENE

try: Mark Juice Gems in Mango Tango, $7, meetmark.com



"This Revlon liner is **so versatile!** I can put it on in the morning for a fresh look, then smudge it with a cotton swab at night for sultry, smoky eyes."
–ANNASOPHIA ROBB

try: Revlon ColorStay Eyeliner in Black Brown, $8, drugstores

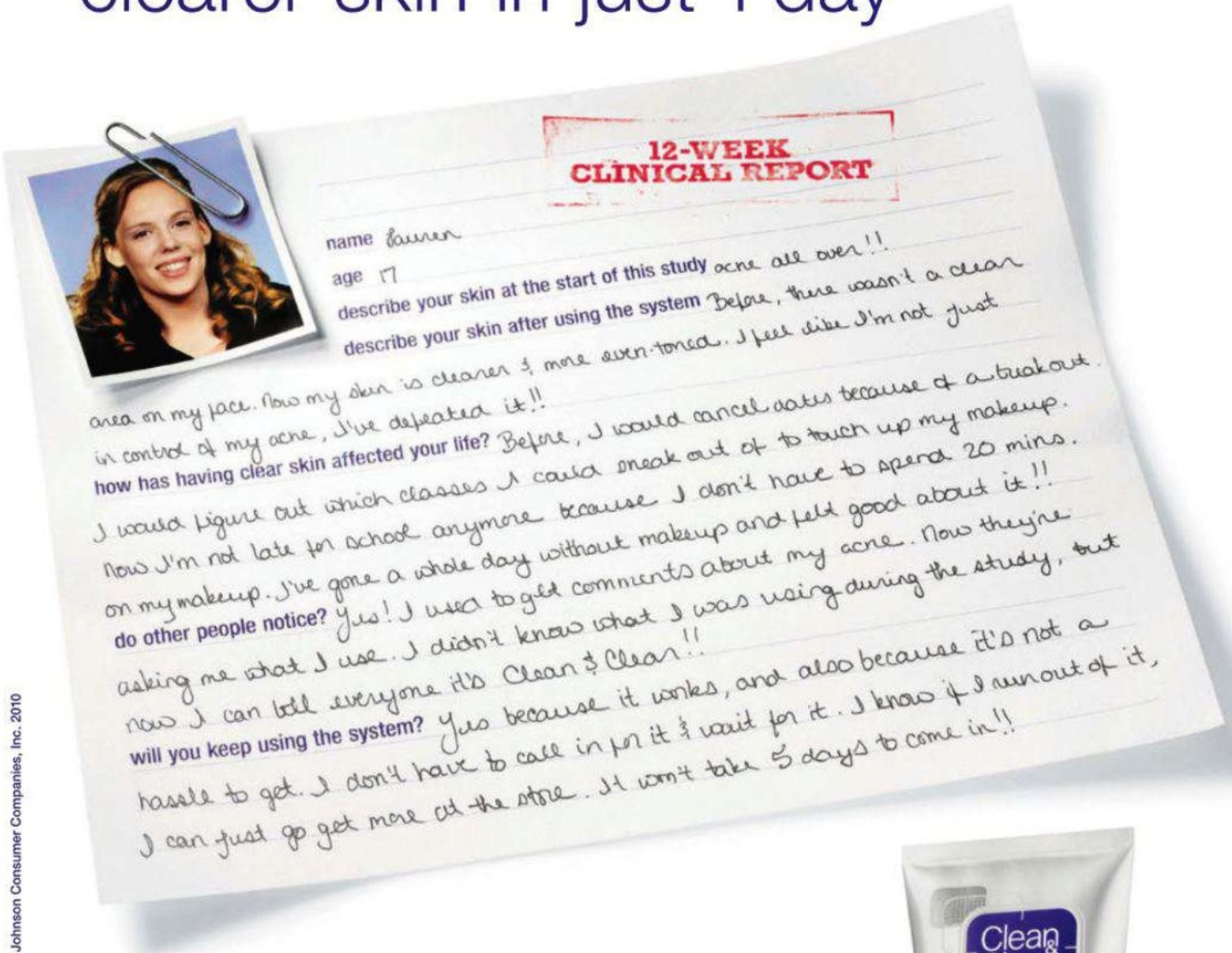
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bikini line basics

When putting on a swimsuit is a hairy situation, here's how to deal.

BY meredith gray



you want: | try this:

FAST REMOVAL!



SHAVING

HOW-TO: To avoid irritation, shave with the direction of hair growth *first*, then glide the razor *against* the grain for a closer shave. The hair here sprouts in different directions, so you may need to adjust your razor position at each section.

try: Gillette Venus Embrace Shine, $6, drugstores

ZERO PAIN!



DEPILATORY

HOW-TO: For pain-free results that last several days, a depilatory is your best bet, because it dissolves hair at the root. But the chemicals can be harsh, so use it only on the hairs that peek out on the sides of your bikini.

try: Nair Cool Gel, $7, drugstores

LASTING RESULTS!



WAXING

HOW-TO: Waxing can hurt, but it also keeps you smoother longer! To lessen the pain, pop an aspirin 20 minutes before you wax. Then sprinkle the area with talc; the powder absorbs excess oil, so the wax sticks to the hairs (not your skin)!

try: Sally Hansen Naturally Bare Waxing Strips for Body, $8, drugstores

make it bare-able

Beat the struggle over stubble in three easy steps.

☑ prep your skin

Take a warm shower before you do any removal—it will open your pores and soften the hair, making it easier for it to wriggle out.

☑ start small

No matter what method you use, don't attempt to tackle too much hair at once—you'll get smoother results if you work in little sections.

☑ exfoliate every day

Keep ingrown hairs at bay by using a body scrub—it will slough off dead skin that can trap hairs below the surface.

Your biggest bikini Qs—answered!

Q: Is it okay to tweeze random hairs?

A: Yes, just wipe the area with an antiseptic (like hydrogen peroxide) before and after to prevent bacteria from getting into the pores.

Q: I broke out in a rash after shaving. Help!

A: If your razor is dull or if you use too much pressure while shaving, you can irritate your skin. Apply a hydrocortisone cream to soothe it, and avoid wearing too-tight undies for a few days to let your skin breathe.

Q: Can I still wax if I have my period?

A: It's better not to—your pain tolerance is lower when you have your period, so waxing actually hurts more! Instead, wait until a day or two after it ends.

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SEVENTEEN.COM Need help with a personal Q? Talk to the experts at seventeen.com/getadvice.

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special section!
FOR THICK, CURLY, OR COARSE HAIR

be frizz-free forever!

Constantly fighting with your hair? Smooth things over with these styling secrets! BY yesenia almonte



1 START SLEEK

Pick an extra-moisturizing shampoo and conditioner—the silkier your hair is, the easier it will be to style later! try: Herbal Essences None of Your Frizzness Shampoo & Conditioner, $4 each, drugstores



get perfect Curls

When your swirls have a mind of their own, these tips will help you get control!



3 DRY IT RIGHT

Use a diffuser attachment—but set your dryer to high heat at low speed. (Higher speed = frizzier hair!) Place the ends directly on the diffuser, then bring the diffuser closer to your scalp to get lift at the roots.

try: Remington Style Ionic Ceramic Hairdryer, $18, remingtonproducts.com



2 SHAPE UP

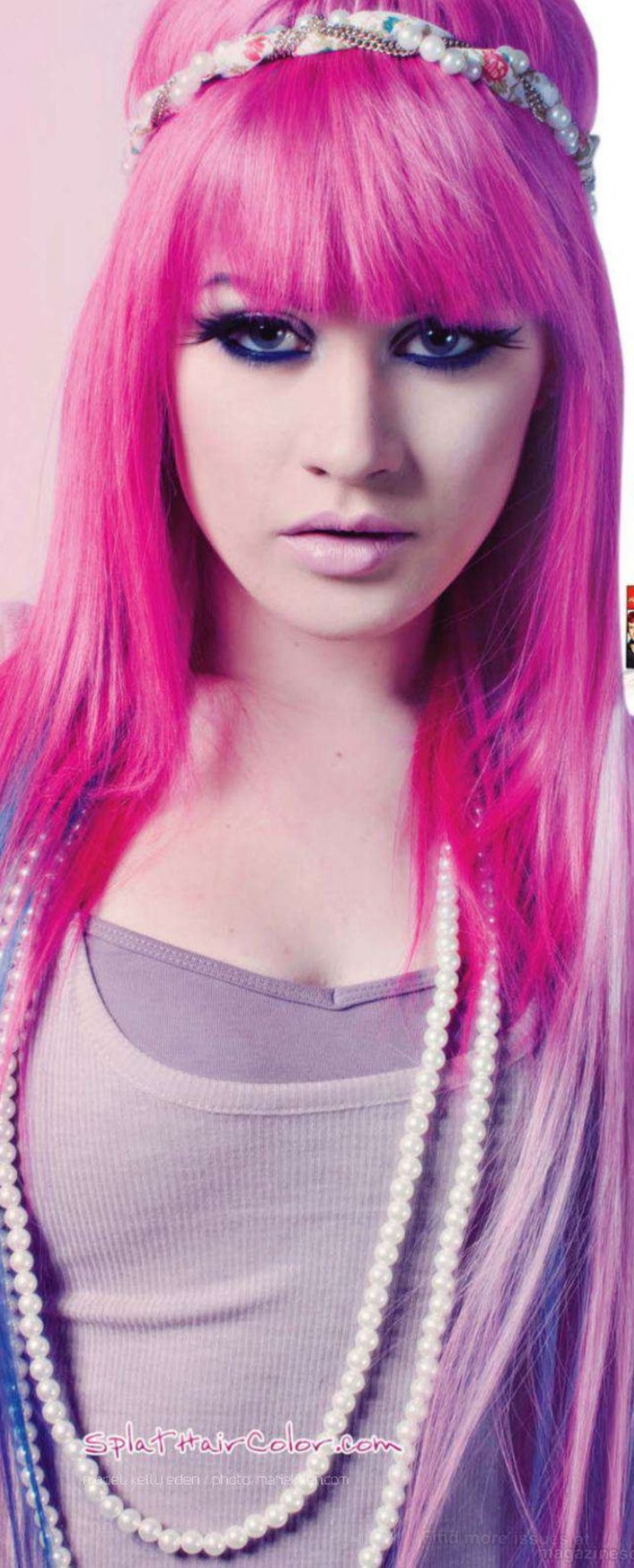
To sculpt springy curls, mix curling mousse and smoothing cream in your palms. When you blend the two products together, you'll get an even application of both all over.

try: L'Oréal Paris Studio Line Springing Curls Mousse, $5, drugstores; Tresemmé Anti-Frizz Secret Smoothing Crème, $5, drugstores

CURLY DO'S

- ☑ ***GET A GREAT CUT:*** Chop out frizz by adding long, angled layers to get rid of extra weight. No short layers, or your hair will become a pouf!
- ☑ ***DON'T WASH TOO OFTEN:*** To revive curls between washings, mix a drop of conditioner into a spray bottle of water and spritz all over.
- ☑ ***TREAT IT ONCE A WEEK:*** Curly hair is naturally dry and moisture keeps curls bouncy, so use a deep conditioning treatment once a week.

MAIN PHOTOS: PETER ROSA/STUDIO D. FASHION STYLIST: CHRISSY LLOYD FOR MARILYNBALLARD.COM. HAIR: TYLER LASWELL FOR TRESEMME/CONTACTNYC.COM. MAKEUP: CAROLINA GONZALEZ AT PHOTO OP MANAGEMENT FOR TARTE COSMETICS. ON MODEL: TANK, FINAL TOUCH; EARRINGS, FREEDOM BY TOPSHOP; NECKLACE, HELEN FICALORA.



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1 WASH WISELY

Choose moisturizing formulas with silk proteins and vitamin E—they melt into your hair and leave it polished! Finish with cool water to seal the cuticle and lock in shine.

try: Suave Professionals Sleek Shampoo and Conditioner, $3 each, drugstores

WIN! 50 readers will receive the entire styling line from Suave! Enter code word [hair] at seventeen.com/freebies.

2 PREP STRANDS

Use a light straightening spray to block out frizz! Then style with a paddle brush as you blow-dry, so hair dries without any bend.

try: John Frieda Frizz-Ease 3-Day Straight Semi-permanent Styling Spray, $10, drugstores; Conair Paddle Brush, $7, drugstores

make it Sleek

You can go straight and stay that way—no crazy treatments required! Arm yourself with these tricks.

17 FYI

Get the real deal on Brazilian keratin straightening.

☑ ***PROS:*** In only 90 minutes, frizzy hair can become sleek and manageable. (The treatment involves spraying a smoothing complex onto your hair and ironing it in.) It will stay that way for up to four months!

☒ ***CONS:*** It's pricey (it starts at $200), and some formulas may contain formaldehyde, a cancer-causing chemical. Ask your stylist to see the ingredients list—it should be made of pure keratin, and not include anything with "form-" in the name.

3 IRON IT OUT

To help your hair cuticle lie flat longer, use a flat-iron on high heat. Keep the sections of hair two inches wide. Ironing too much hair at once leads to uneven heating, making your hair frizz later. Finish with a tiny bit of straightening cream on the ends.

try: Pantene Pro-V Curly Hair Series Anti-Frizz Straightening Crème, $6, drugstores; Infiniti by Conair Solid Ceramic 1" Straightener, $40, drugstores

ON MODEL: TOP, PIKO 1988; BANDEAU, AMERICAN APPAREL; EARRINGS, M. HASKELL.



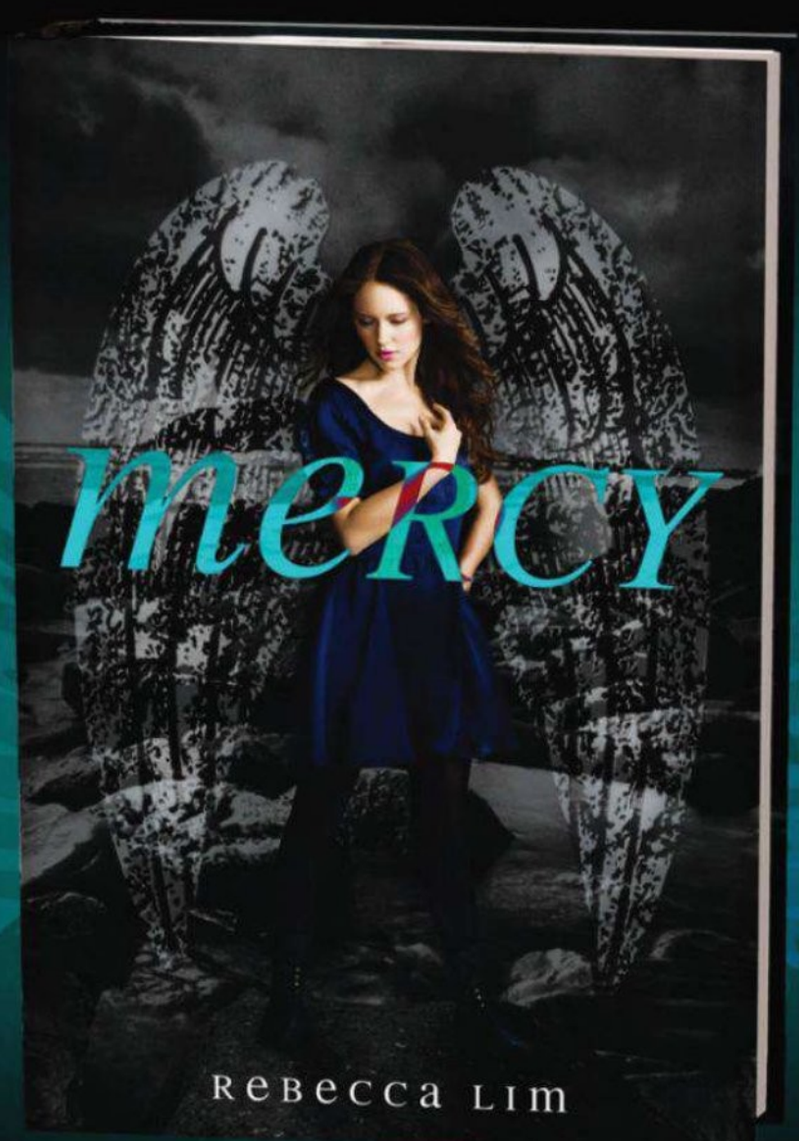
17 EXPERT: Leonardo Rocco, Suave celebrity hairstylist.

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it's one thing to walk in someone else's shoes

it's another thing to wake up in

someone ELSE'S BODY



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try these hot Styles

Temps are rising, but your hair doesn't have to! Find a summer style for *your* texture!



1 super-curly

DOUBLE BRAID

Your texture provides the perfect grip for a braid that stays put! Pull hair to one side, then split it in half. Fishtail-braid one piece and secure with an elastic at the end. Braid the other piece and wrap it around the fishtail braid at ear level. Use bobby pins to secure.



VICTORIA JUSTICE

2 straight

HALF-UP

Heat can make your hair fall flat, but this style gives you volume on top! Make a center part, then grab a section of hair from the sides of your temples and pin back the hair at the center of your crown.

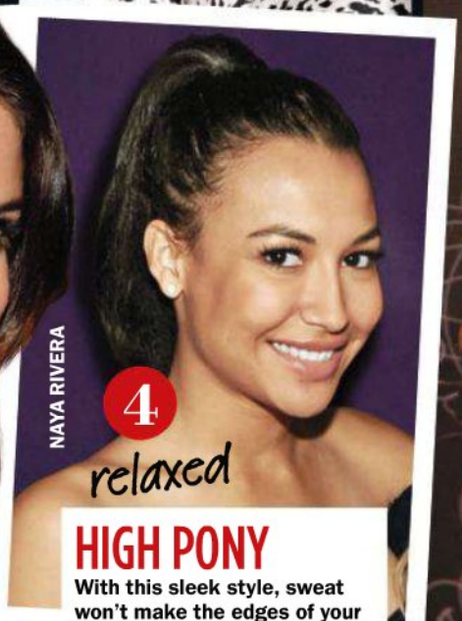


SELENA GOMEZ

3 curly

LOW PONY

Show off your ringlets and stay cool! Make a side part and gather hair at the nape of the neck. Fasten with an elastic. Tug out pieces of hair from the front.



NAYA RIVERA

4 relaxed

HIGH PONY

With this sleek style, sweat won't make the edges of your hair frizz up. Pull hair into a high, tight ponytail and secure firmly with an elastic. Wrap a one-inch section of hair around the base of the ponytail to disguise the hair elastic.



BELLA THORNE

5 wavy

LOOSE BUN

Humidity can't ruin this low-key style—a few messy pieces make it prettier! Gather hair into a low ponytail and twist once into a loose bun and secure with pins.

ON MODEL: TANK: WINDSOR; NECKLACE: CIRCA SIXTY THREE; EARRINGS: HELEN FICALORA. JUSTICE: STEVE GRANITZ/WIREIMAGE. GOMEZ: LESTER COHEN/WR IMAGE. RIVERA: JOHN SHEARER/GETTY IMAGES FOR EW. THORNE: A. NEVADER/WIRE IMAGE.

SEVENTEEN.COM Hundreds of ideas for thick, curly, or coarse hair are just one click away at seventeen.com/hairideas.

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seventeen FITNESS

YOUR SUMMER MAKEOVER GUIDE!

5 WEEKS TO TOTAL BODY CONFIDENCE!

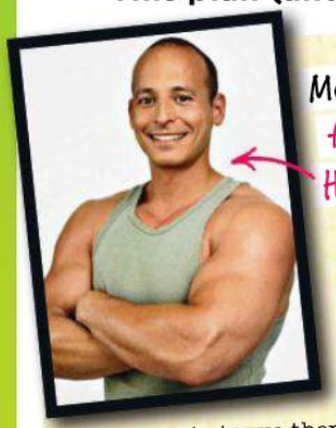
Whether your goal is to rock a teeny bikini at the beach or be stronger and fitter by next school year, this super-easy plan will get you there.



INSIDE: Flat abs! A great butt! Amazing legs! Yummy recipes!

GET YOUR BEST BODY—IN 5 WEEKS!

You want to feel strong, look amazing, and ooze confidence, right? This plan (and its totally sane approach to eating and exercise) is the answer!



Meet your trainer: fitness & diet pro Harley Pasternak!

Hey!

Whenever I say that I train celebrities, I always hear: "Oh, they must starve themselves," or "If I had a trainer, I'd look as good as they do!" But the real secret to their lean bodies and insane energy levels is that **they work out in the gym less than you would think**—and instead make it a point to move more all day long. I'm not kidding!

So that's how I designed this program. For the next 5 weeks, all I ask is that you:

- **Exercise 5 times a week. (Great news: Each workout is only 25 minutes!)**
- **Eat 5 times a day. (Always pick fresh foods over junk!)**
- **Find 5 new ways to be a little more active each week!**

It's a totally simple shift. Take the stairs instead of an elevator. Ride your bike to work. Walk around your neighborhood, and talk on the phone instead of sitting at the computer. Get up and move during commercial breaks. These seemingly tiny things will, believe it or not, make the **most massive difference.** I know you can do this, and I'll be on **seventeen.com/team17** supporting you every step of the way!

–Harley

these stars swear by harley!

Here's what he has to say about them:



"A jump rope is Katy Perry's secret weapon! No matter where she is—on tour, backstage—she uses it to squeeze in some cardio."

"Lady Gaga understands that eating healthy can be fun. She loves to cook and try new foods—she really experiments in the kitchen!"

"Amanda Seyfried makes the most amazing workout mixes every week. Music is what keeps exercise exciting for her!"

PICK A WORKOUT BUDDY!

These girls are following the *Seventeen* plan this summer—and blogging about *every* up and down. Follow along at seventeen.com/fitness to cheer them on and swap tips!



BRIANNA, 19:
"I want to lose the weight I've put on in college."



KIMBERLY, 16:
"I want to tone up without losing my curves!"



SHARIFA, 20:
"I'm naturally thin, but I want to get strong."

Get daily motivation and advice from Harley! Join Team *Seventeen* at seventeen.com/team17 for access to his exclusive tips.

COVER PHOTO: CHRIS ECKERT/STUDIO D. SENIOR FASHION EDITOR: ANNEBET DUVALL. HAIR: JENNIFER BRENT FOR TRESEMMÉ AT BEAUTYWINGNY.COM. MAKEUP: ERICA WHELAN FOR DIOR BEAUTY. ON KELLY, COVER PHOTO: JACKET, ADIDAS; SPORTS BRA, ALO; SHORTS, K-SWISS; BRACELET, HER OWN. PERRY: KIDO/GVK/NPG.COM. GAGA: SPLASH NEWS. SEYFRIED: KIDO/NPG.COM. STILL LIFES: (FITNESS GEAR) PHILIP FRIEDMAN/ STUDIO D.

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REAL-LIFE INSPIRATION:

"Getting healthier changed my life!"

Maybe you recognize Kelly, 21—or maybe not. Because even though she's been one of *Seventeen*'s reader models for years, she recently lost 75 pounds. Here's how she did it!



"I've always loved my curves, but in December of my sophomore year of college, a few of my friends and I decided to change our habits. We were your typical college girls living in the dorms, eating french fries and fast food all the time, and we wanted to start the new year off right. So after some research on the healthiest eating and exercise habits, I began to do the stuff you would expect—I hit the gym for 30 minutes three times a week, walked everywhere instead of driving, drank more water, and cut my portion sizes—but it was actually these little, lesser-known tricks that kept me on track:

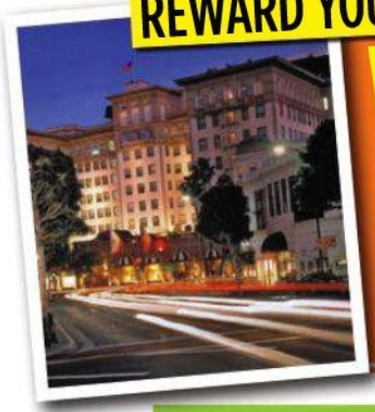
☑ ***Focus on the positive.*** Instead of thinking about cutting out foods that are bad for me, I picked ones that are good for my health, my mind, my skin, and my hair—like sushi, because I know fish has omega-3s that keep my brain sharp. It's easier when it's about the bonuses you're getting, not what you're missing!

☑ ***Make splurges count.*** The Wendy's on campus has always been my weakness, but my friends and I made a pact to have lunch there *only* on Saturdays. When I know that I'm going to get a burger at the end of the week, I don't crave it—plus it tastes so much better with my friends than when I'm scarfing it down between classes!

☑ ***Wake up 10 minutes earlier.*** I used to roll out of bed and leave for school frazzled, but now I take 10 minutes to stretch or YouTube a yoga video. It gets my energy up, yet it calms me down, too—you're more likely to make healthier choices all day when you're not stressed!

Losing 75 pounds *definitely* didn't happen overnight (it took about a year!), but once I started to see even the slightest results, I realized, Wow! I'm really capable of anything. My confidence soared, and I had my best grades ever last fall. Because just like I made every walk to class or minute in the gym count, I vowed to make every lecture or study session matter too. I can honestly say that I finally feel like the best version of myself, inside and out."

REWARD YOURSELF!



WIN A TRIP TO LOS ANGELES

to work out with Harley!

Enter code [trainer] at seventeen.com/freebies for a chance to win:

- round-trip airfare and fitness gear from New Balance
- a one-on-one training session with Harley
- a two-night stay at the Four Seasons Beverly Wilshire

Worth $2,900 total!



Are you ready to get your best body ever? TURN THE PAGE to start the fast, fun 5-week plan!

MONDAY

GET STRONG!

This total-body workout is the secret to getting tight and toned from head to toe.

how to do this workout

1. **Warm up with five minutes of cardio.** It gets your body in the fat-burning zone!
2. **Do these strength moves.** The calendar tells you how many reps and sets to do (and how much weight to use) each week.
3. **End with five minutes of cardio,** then stretch. It will help fight off muscle soreness!

1. BENT-OVER ROWS

DEFINE YOUR BACK & SHOULDERS!



A Sit on the edge of a chair holding dumbbells. Bend forward at waist, until back is almost parallel to floor. Let arms hang down, palms facing each other.

B Slowly draw elbows up as high as you can, keeping arms close to sides and squeezing shoulder blades together. Pause for a second; return to start.

2. DEAD LIFTS

SHAPE YOUR LEGS & BUTT!



A Stand with feet shoulder-width apart and hold a dumbbell in each hand. Your back is arched, your shoulders are back, and you are looking up.

B Lower weights by pushing hips back as far as you can. (You should feel a stretch in the muscles behind your knees.) Return to start.

3. SIDE BENDS

TIGHTEN YOUR WAIST!



A Stand, feet shoulder-width apart and a dumbbell in right hand. Place fingers of left hand on left temple.

B Crunch right at the waist as far as you can without moving your lower body.

C Crunch left at the waist as far as you can, then return to start. Switch the dumbbell to your left hand and repeat in the other direction. That's one rep.

REAL-GIRL PHOTOS: CHRIS ECKERT/STUDIO D. SENIOR FASHION EDITOR: ANNEBET DUVALL. HAIR: JENNIFER BRENT FOR TRESEMMÉ AT BEAUTYWINGNY.COM. MAKEUP: ERICA WHELAN FOR DIOR BEAUTY. ON SARAH KATE: TANK, PUMA; SPORTS BRA, FILA; SHORTS, GYPSY; EARRINGS, FOREVER 21; SOCKS, WE LOVE COLORS; SNEAKERS, NIKE.

SEVENTEEN.COM See *exactly* how these moves are done! Watch the workout videos at seventeen.com/fitnessvideos

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PROTECTS BETTER THAN U BY KOTEX,* EVEN WITH A SMALLER APPLICATOR.**

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GET LEAN!

These magic moves will give you strong legs, sleek arms, and a little middle—guaranteed.

1. MARCHING



Alisha, 18, runs varsity track!

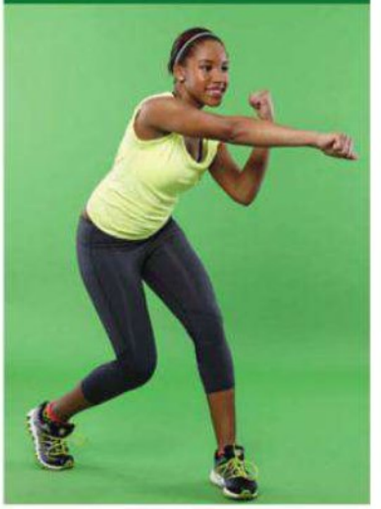
Stand tall with feet shoulder-width apart. Raise left knee as high as you can, then repeat with right leg. Keep alternating, as quickly as you can!

Harley's power cardio moves

For a full 25-minute workout . . .

1. **Do the five exercises below** for one minute each, in order.
2. **Rest for one minute—tops.** Take only as much time as you *truly* need to catch your breath and recover.
3. **Repeat from the start.** Do the full circuit (moves 1 to 5) five times total.

2. SHADOW BOXING



Pretend to box an opponent: Throw jabs and uppercuts using both arms! (Bend knees and stay low for extra lower-body toning.)

3. MOUNTAIN CLIMBERS



From a push-up position, bend left knee to bring it toward chest. Return to start, then quickly repeat with right leg. Keep alternating, fast!

4. JUMPING JACKS



Stand with your feet hip-width apart, then jump your feet out wide as you raise your hands above head. Quickly reverse the movement and repeat!

5. KNEE-UPS



Twist right at the waist and bring right knee up to meet left elbow. Repeat to other side. Keep alternating!

ON ALISHA: TANK, AMERICAN EAGLE OUTFITTERS; SPORTS BRA, NIKE; PANTS, GAP BODY; HEADBAND, LULU'S; EARRINGS AND WATCH, AMERICAN EAGLE OUTFITTERS; SOCKS, PINK COOKIE; SNEAKERS, K-SWISS.

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GET TONED!

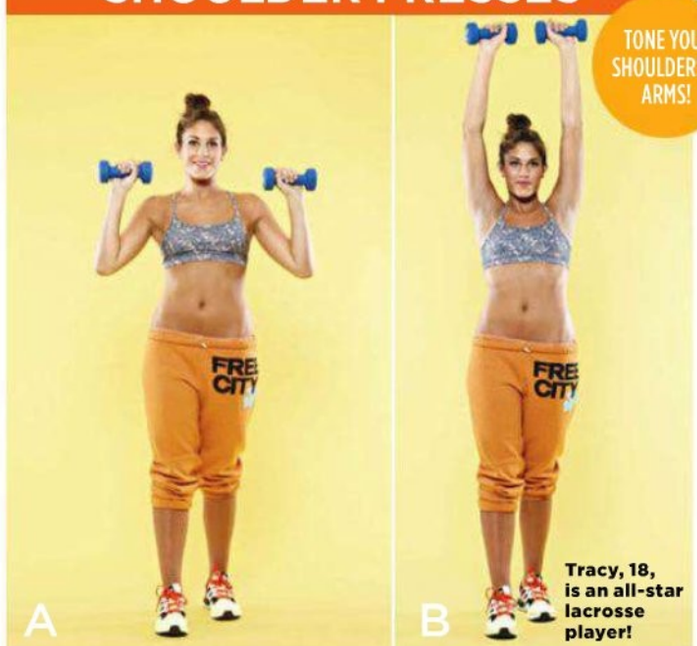
Lift your tush, shape your arms, and flatten your tummy to look *amazing* in your bikini.

how to do this workout

1. **Warm up with five minutes of cardio.** It gets your body in the fat-burning zone!
2. **Do these strength moves.** The calendar tells you how many reps and sets to do (and how much weight to use) each week.
3. **End with five minutes of cardio,** then stretch. It will help fight off muscle soreness!

1. STANDING SHOULDER PRESSES

TONE YOUR SHOULDERS & ARMS!



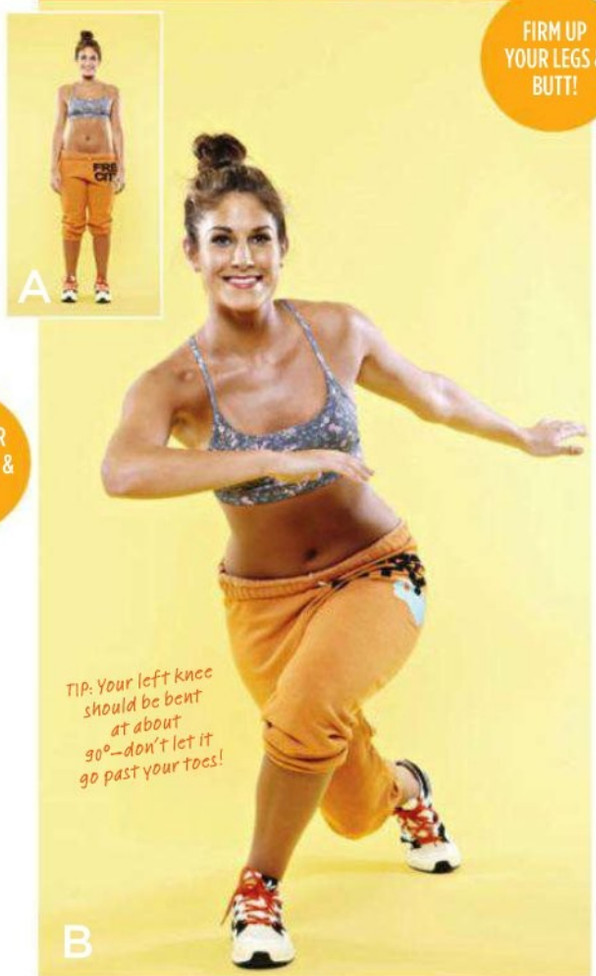
Tracy, 18, is an all-star lacrosse player!

A Stand, feet hip-width apart and right foot slightly ahead of left. Hold weights on either side of head with palms forward and arms bent.

B Exhale as you drive the dumbbells up and together, then inhale as you slowly return to start.

2. SKATER LUNGES

FIRM UP YOUR LEGS & BUTT!

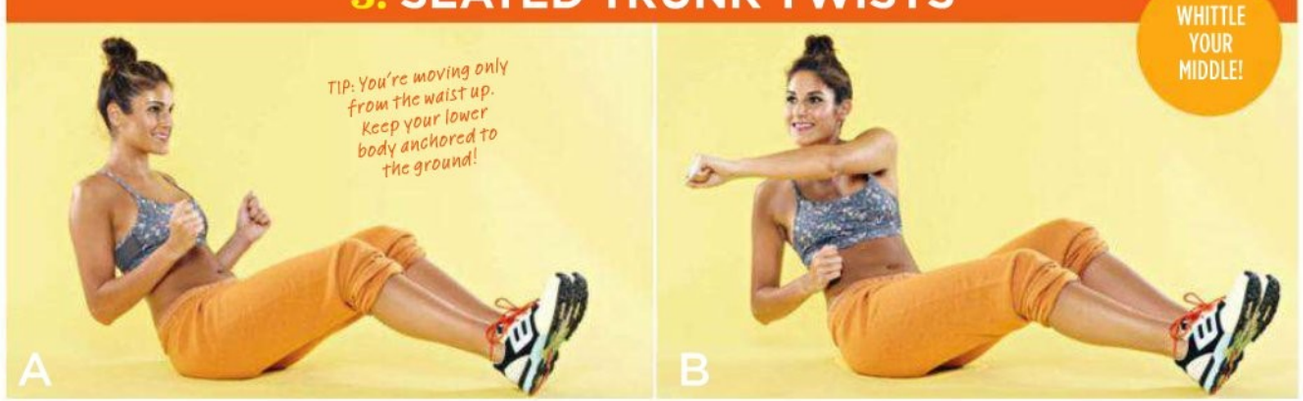


A Stand with feet shoulder-width apart and arms relaxed at your sides.

B Swing arms left and step back to cross right leg behind left leg, dropping right knee down (like you're curtsying). Return to start, then repeat to other side. That's one rep.

3. SEATED TRUNK TWISTS

WHITTLE YOUR MIDDLE!



A Sit on the floor with knees bent and heels on ground. Lean back slightly, keeping head and hips still.

B With core strong and tight, reach across body slowly with left hand and rotate chest right. Return to start. Repeat to other side. That's one rep.

ON TRACY: SPORTS BRA, AMERICAN EAGLE OUTFITTERS; PANTS, FREE CITY; EARRINGS, FOREVER 21; SNEAKERS, ADIDAS.

THURSDAY

BURN FAT!

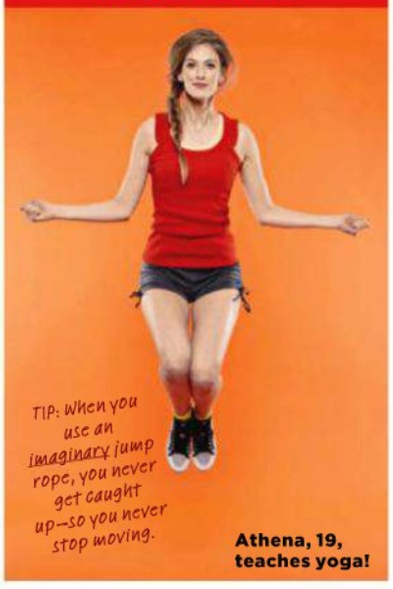
Short bursts of jumping can rev up your metabolism *and* tone you all over, too.

Harley's 5 Favorite Jumps

For a full 25-minute cardio workout . . .

1. **Do the five exercises below** for one minute each, in order.
2. **Rest for one minute—tops.** Take only as much time as you *truly* need to catch your breath and recover.
3. **Repeat from the start.** Do the full circuit (moves 1 to 5) five times total.

1. TUCKS



Jump with both feet together, bringing your knees up toward your chest!

2. ONE-LEGGERS



Hop on only your left foot for 30 seconds, then hop on your right foot for 30 seconds!

3. IN-AND-OUTS



Jump with your feet together, then jump them out. Go in-out, in-out, in-out!

4. SCISSORS



Jump with feet staggered—right foot forward, then left foot forward. Keep switching with every hop!

5. SLALOMS



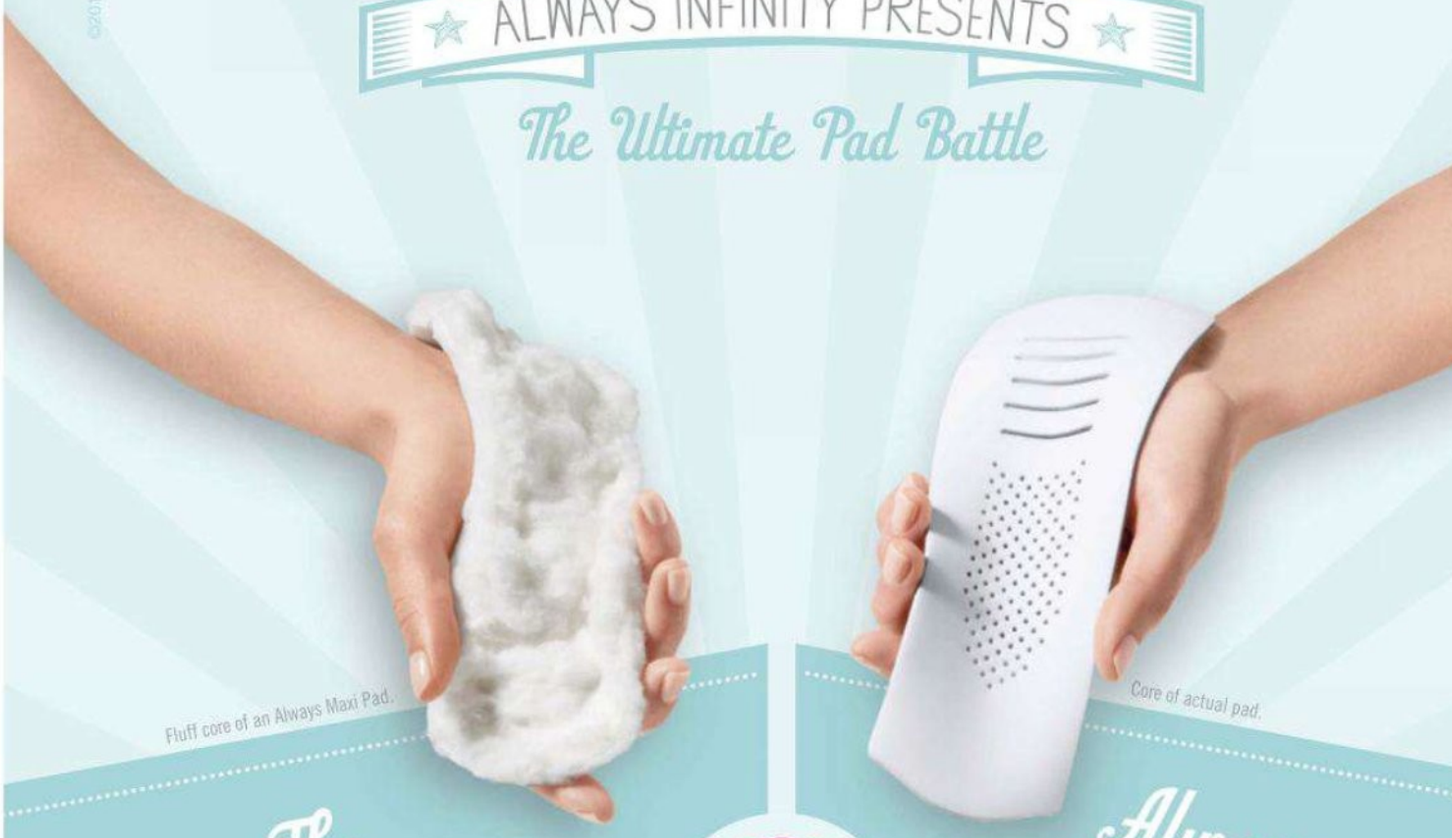
Hop side to side, as if there's an imaginary line on the ground and you're jumping over it each time. It should look like you're swishing down the slopes!

ON ATHENA: RED TANK, ATTENTION; YELLOW TANK, NIKE; SHORTS, GAP BODY; SOCKS, WE LOVE COLORS; SNEAKERS, ADIDAS.

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The Ultimate Pad Battle



The FLUFF VS. Always INFINITY



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FRIDAY

GET DEFINITION!

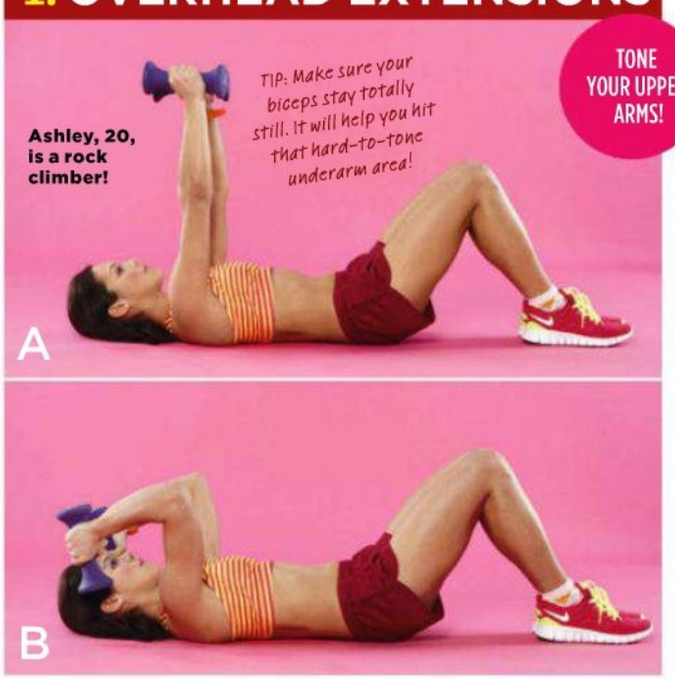
These moves are like the finishing touches. They target your *toughest*-to-tone spots.

how to do this workout

1. **Warm up with five minutes of cardio.** It gets your body in the fat-burning zone!
2. **Do these strength moves.** The calendar tells you how many reps and sets to do (and how much weight to use) each week.
3. **End with five minutes of cardio,** then stretch. It will help fight off muscle soreness!

1. OVERHEAD EXTENSIONS

TONE YOUR UPPER ARMS!



A Lie on the floor with knees bent and a dumbbell in each hand. Extend arms straight up, palms facing each other.

B Bend arms at elbows to bring weights to sides of head, then straighten them back up to start.

2. LEG SWEEPS

FIRM UP YOUR HIPS & INNER THIGHS!



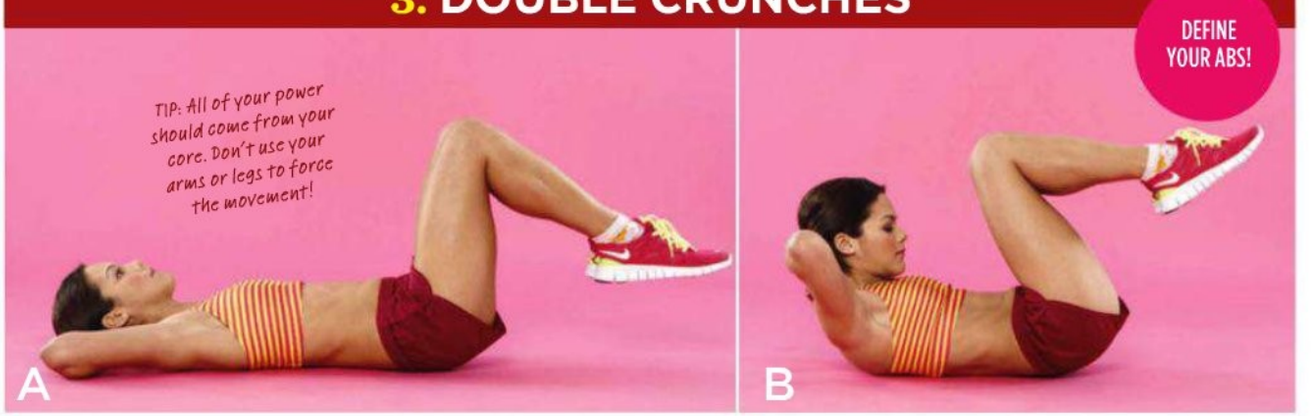
A Attach a resistance band to a stationary object, like a couch leg, then wrap the other end around your right ankle.

B Lift right foot off ground and allow resistance band to pull leg out to the side of your body.

C Pull right leg across your body, keeping knee straight, then slowly return to B. After you finish your reps, repeat with other leg.

3. DOUBLE CRUNCHES

DEFINE YOUR ABS!



A Lie down with your knees bent, feet lifted off the ground, toes pointed down, and hands behind your head.

B Slowly crunch your body to bring your knees and chest together at the same time, then return to start.

ON ASHLEY: SPORTS BRA, UNDER ARMOUR; SHORTS, SOFFEE; WATCH, GENEVA; SOCKS, HUE; SNEAKERS, NIKE.

SEVENTEEN.COM See *exactly* how these moves are done! Watch the workout videos at seventeen.com/fitnessvideos

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EAT ALL YOUR FAVE FOODS

(and still get your best bod!)

No more stomach rumbles. Harley's 5-Factor plan keeps you energized *and* satisfied!

your quickie guide to 5-FACTOR:

***Eat 5 times a day.** It boosts your energy, fires up your metabolism, and keeps you from getting hungry and cranky.

***Make sure every meal has these 5 things:** a lean protein, whole grains, fiber, healthy fat, and water or a sugar-free beverage.

breakfast

french toast with berries

SERVES: 1

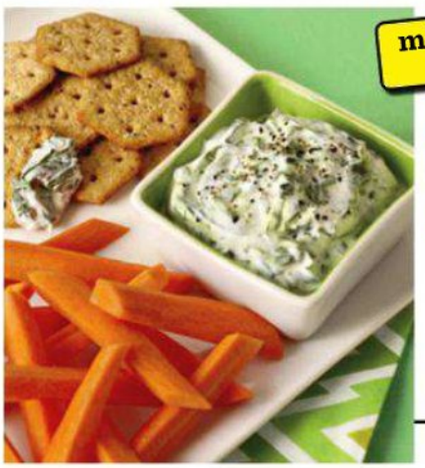
⅔ cup egg whites + ⅔ cup nonfat skim milk + 1 tsp. sugar substitute + 1 pinch salt =

2 slices whole grain bread + cooking spray + ½ cup berries + 1–2 tbsp. sugar-free syrup

1. Whisk together egg whites, milk, sugar substitute, and salt. Soak the bread in the egg-white mixture. Drain excess liquid.
2. Coat a nonstick skillet with cooking spray and place over medium-high heat. Cook the bread until each side is golden brown.
3. Place the French toast on a plate and top with berries and syrup.



Harley microwaves the berries and syrup together for 30 seconds, then mashes them into a fruity syrup!



midmorning snack

cheesy spinach dip

SERVES: 2

= One 10 oz. bag spinach leaves + 1 cup nonfat sour cream + ¼ cup shredded nonfat mozzarella cheese + 1 tsp. onion powder + 1 tsp. garlic powder + salt and pepper to taste

1. Mix spinach, sour cream, cheese, onion powder, garlic powder, salt, and pepper in a microwavable bowl.
2. Microwave for 1½ minutes and stir.
3. Serve with carrot sticks. (You can also try other veggies or a small serving of multigrain crackers!)

lunch

pepperoni pizza

SERVES: 1

1 large whole grain tortilla + 3 tbsp. marinara sauce + 1 Roma tomato, sliced + 6 slices low-fat turkey pepperoni + ½ cup shredded nonfat mozzarella cheese =

1. Place the tortilla flat on a skillet. Spread evenly with marinara sauce.
2. Add the sliced tomato and pepperoni. Sprinkle cheese on top.
3. Cook over low to medium heat until cheese melts, about 2 minutes. Slice into wedges.



MAIN PHOTOS: PHILIP FRIEDMAN/STUDIO D.; FOOD STYLIST: MATT VOHR FOR HALLEY RESOURCES.; PROP STYLIST: KARIN OLSEN FOR MARNIE ROSE AGENCY. STILL LIFES: (EGG AND TORTILLA) JESUS AYALA/STUDIO D.; (MILK) GETTY IMAGES/ISTOCK EXCLUSIVE; (BREAD, NONSTICK SPRAY, AND SPINACH) STUDIO D.; (BERRIES) D. HURST/ALAMY; (SYRUP, CHEESE, AND GARLIC POWDER) STOCKFOOD.COM; (SALT AND PEPPER) GETTY IMAGES; (SPLENDA, TOMATO, AND PEPPERONI) PHILIP FRIEDMAN/STUDIO D.; (SOUR CREAM) GETTY IMAGES/DORLING KINDERSLEY; (ONION POWDER) MICHAEL DOTE.

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afternoon snack

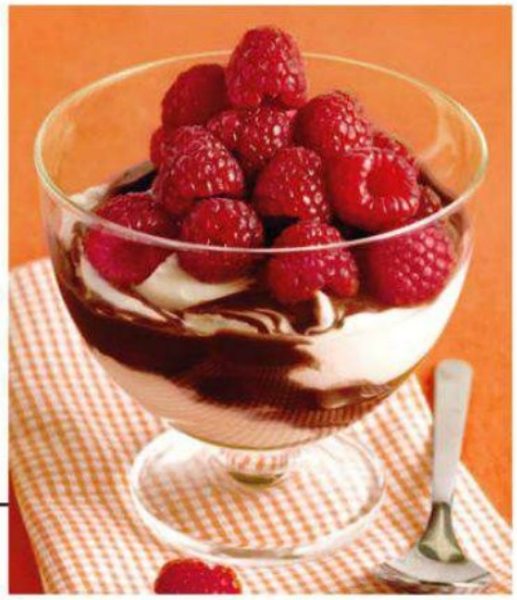
black-and-white berry cup

SERVES: 2



1 cup nonfat milk + 1 package fat-free, sugar-free chocolate pudding mix + 1 cup nonfat plain Greek yogurt + 1 tsp. sugar substitute + 1 cup fresh raspberries =

1. Whisk together the milk and chocolate pudding mix until smooth. Refrigerate for 5 minutes to let thicken.
2. In another bowl, whisk together the yogurt and sugar substitute.
3. Alternate spoonfuls of yogurt mixture and pudding into each glass until both are gone. Stir to swirl, then top with raspberries.





dinner

crispy chicken tacos

SERVES: 2



6 oz. skinless, boneless chicken breast +  salt and pepper to taste +  1 tsp. olive oil +  1½ cups thinly sliced Spanish onion =



2 tbsp. freshly squeezed lime juice +  4 tsp. dried cilantro +  1 tsp. ground cumin



4 medium whole grain tortillas +  2 tbsp. nonfat sour cream +  ¼ cup low-fat shredded cheddar cheese

1. Place chicken in large saucepan and add salt, pepper, and water (just enough to cover chicken). Cook over medium heat for 25 minutes or until chicken is fully cooked. Remove chicken and let cool, then shred with a fork.
2. Heat olive oil in a nonstick skillet. Add onion and cook for 1 minute, then add shredded chicken. Stir until crispy. When most of liquid is gone, drizzle lime juice over chicken; season with cilantro, cumin, salt, and pepper.
3. Place tortillas on plates. Add chicken, sour cream, and cheese. Fold over and serve.

treat yourself!

If you're still hungry for dessert, try one of these healthy goodies!



SKIP IT: rich Strawberry Sundae

PICK IT: Summer Fruits Parfait



MAKE IT! Layer this in a glass: ¼ cup chopped kiwi, ¼ cup nonfat Greek yogurt, ¼ cup chopped strawberries, ¼ cup yogurt, ¼ cup chopped peach, ¼ cup yogurt, and ¼ cup blueberries.



SKIP IT: sugary Grape Slushie

PICK IT: Homemade Grape Pops



MAKE IT! Buy a Popsicle mold and freeze your fave no-cal drink (like VitaminWater Zero)—it's super-easy.



SKIP IT: heavy Chocolate Milk Shake

PICK IT: Creamy Chocolate-Berry Smoothie



MAKE IT! Blend 1½ cups frozen strawberries, 1 cup nonfat Greek yogurt, 1 tbsp. unsweetened cocoa powder, and 1 tbsp. agave nectar (it's a natural sweetener!) until smooth.

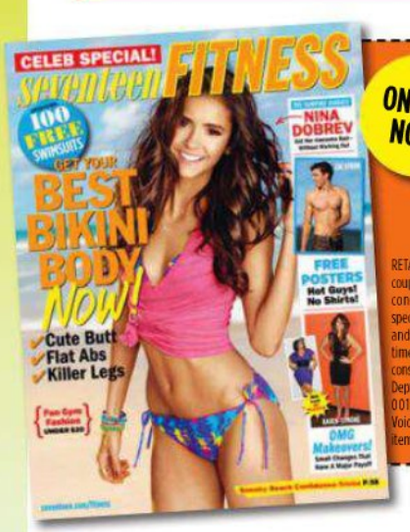
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STILL LIFES: (JELL-O) JELL-O IS A REGISTERED TRADEMARK OF KRAFT FOODS; (MILK) GETTY IMAGES/ISTOCK EXCLUSIVE; (YOGURT); COURTESY OF FAGE; (RASPBERRIES, LIME, AND SALT AND PEPPER) GETTY IMAGES; (SPLENDA AND ONION) PHILIP FRIEDMAN/STUDIO D; (CHICKEN) COURTESY OF TYSON; (TORTILLA) JESUS AYALA/STUDIO D; (CHEESE AND OLIVE OIL) STUDIO D; (SOUR CREAM) GETTY IMAGES/DORLING KINDERSLEY; (CILANTRO) JULIE WOODHOUSE/ALAMY; (CUMIN) GETTY IMAGES/IMAGE SOURCE.

YOUR 5-WEEK COUNTDOWN!

This calendar tells you *exactly* what to do each day. Just track your progress with check marks all week—then claim your reward. (Hey, you deserve it!)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	**TIP:** Schedule your workout the day before. When you commit to a time, you'll stick to it!	get strong! DID IT! 3 sets of 30 reps with 3-lb. weights	get lean! DID IT! 25 minutes of cardio	get toned! DID IT! 3 sets of 30 reps with 3-lb. weights	burn fat! DID IT! 25 minutes of cardio	get definition! DID IT! 3 sets of 30 reps with 3-lb. weights	**YOUR WEEK 1 REWARD:** 20% off select dumbbells and weights at Sports Authority! Go to seventeen.com/rewards.
WEEK 2	**TIP:** Strength moves are *way* worth it. They rev up your metabolism, so you burn fat *between* workouts too!	get strong! DID IT! 4 sets of 25 reps with 3-lb. weights	get lean! DID IT! 25 minutes of cardio	get toned! DID IT! 4 sets of 25 reps with 3-lb. weights	burn fat! DID IT! 25 minutes of cardio	get definition! DID IT! 4 sets of 25 reps with 3-lb. weights	**YOUR WEEK 2 REWARD:** A celeb-curated workout playlist! Go to seventeen.com/rewards.
WEEK 3	**TIP:** Drinking cool fluids while you exercise keeps your endurance up and helps prevent muscle injuries!	get strong! DID IT! 5 sets of 20 reps with 5-lb. weights	get lean! DID IT! 25 minutes of cardio	get toned! DID IT! 5 sets of 20 reps with 5-lb. weights	burn fat! DID IT! 25 minutes of cardio	get definition! DID IT! 5 sets of 20 reps with 5-lb. weights	**YOUR WEEK 3 REWARD:** A 15% discount on all Gaiam yoga products and mats. Go to seventeen.com/rewards.
WEEK 4	**TIP:** You only need a preworkout snack if you're *truly* hungry. You're actually fueled by what you ate hours ago!	get strong! DID IT! 6 sets of 16 reps with 5-lb. weights	get lean! DID IT! 25 minutes of cardio	get toned! DID IT! 6 sets of 16 reps with 5-lb. weights	burn fat! DID IT! 25 minutes of cardio	get definition! DID IT! 6 sets of 16 reps with 5-lb. weights	**YOUR WEEK 4 REWARD:** Yummy, healthy recipes from your favorite stars! Go to seventeen.com/rewards.
WEEK 5	**TIP:** Don't give up! Always finish the sets and reps, even if you have to use lighter weights.	get strong! DID IT! 7 sets of 12 reps with 8-lb. weights	get lean! DID IT! 25 minutes of cardio	get toned! DID IT! 7 sets of 12 reps with 8-lb. weights	burn fat! DID IT! 25 minutes of cardio	get definition! DID IT! 7 sets of 12 reps with 8-lb. weights	**YOUR WEEK 5 REWARD:** 20% off a super-cute gym bag from Urbandillo. Go to seventeen.com/rewards.



ON SALE NOW!

Use this coupon for

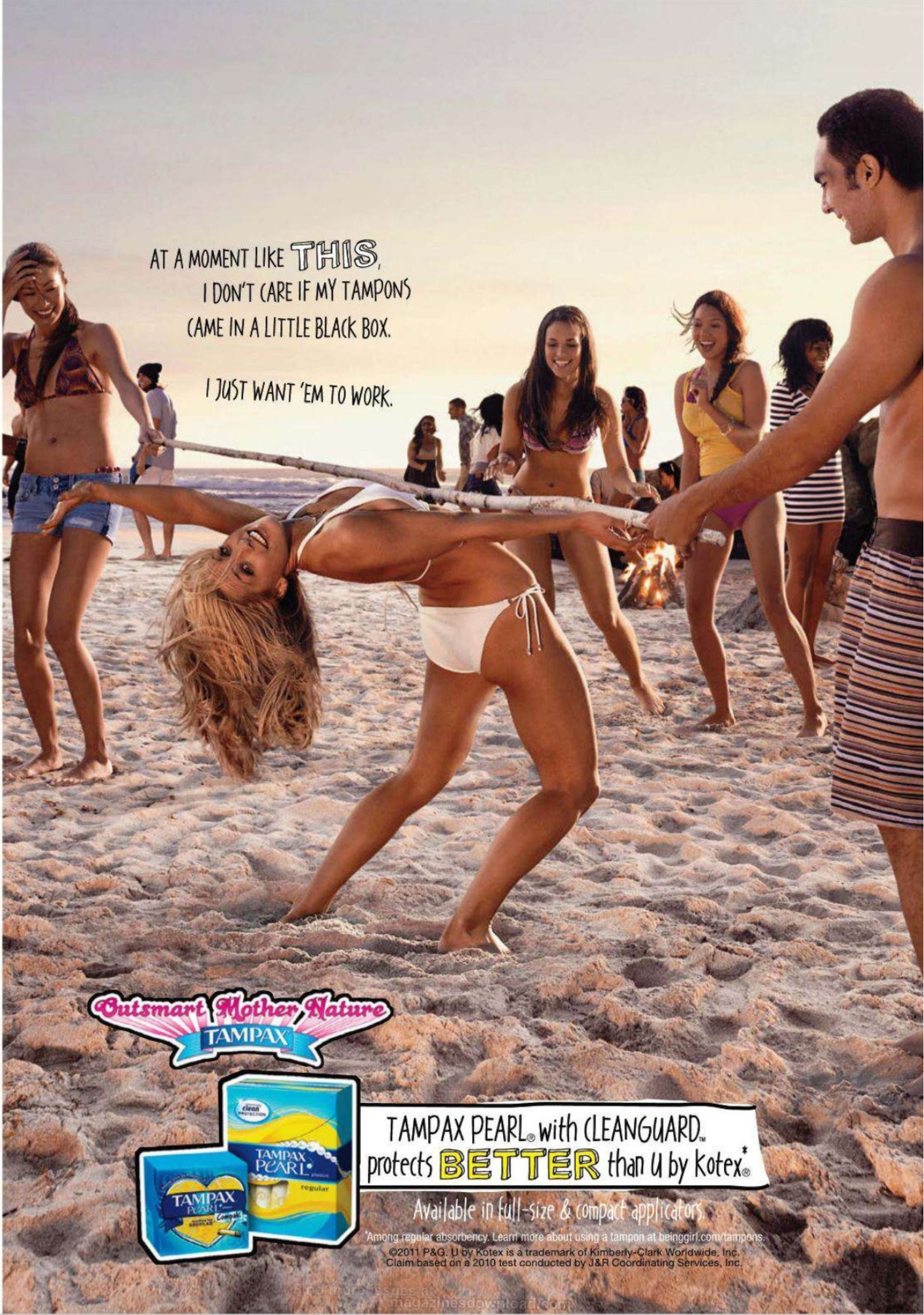
$1 OFF our special *Seventeen Fitness* magazine!

It's packed with A-list trainer advice, insider celeb secrets, and fun food ideas that will keep you looking your best—all summer long!

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@SEVENTEENMAG Tell us how it's going! Follow us on Twitter and tweet *your* progress. Tag it #17BestBody.

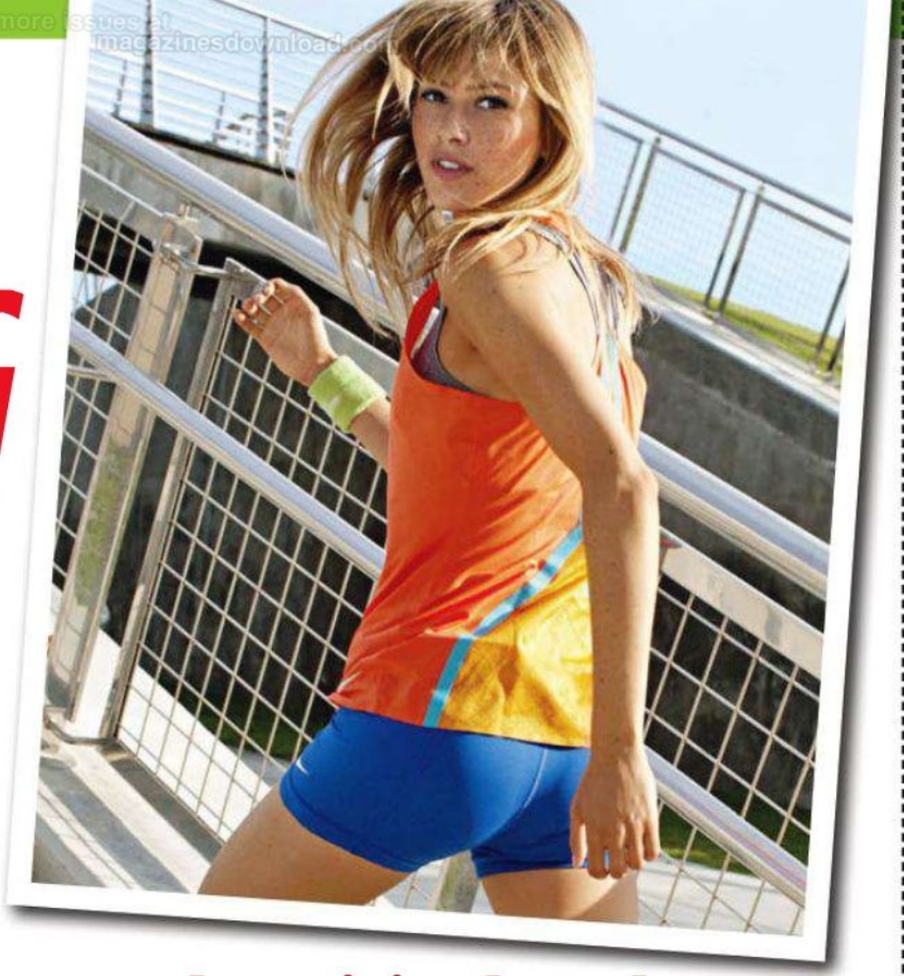


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GET AMAZING RESULTS!

If you want your best body, reprogram your thinking for success—and mega confidence.



set mini goals

Sure, you want a great butt and six-pack abs, but it's the little victories that will keep you going.

At the beginning of every week, write down a short-term goal that focuses on what your body is capable of (like, "I want to jog for 10 minutes without stopping!").

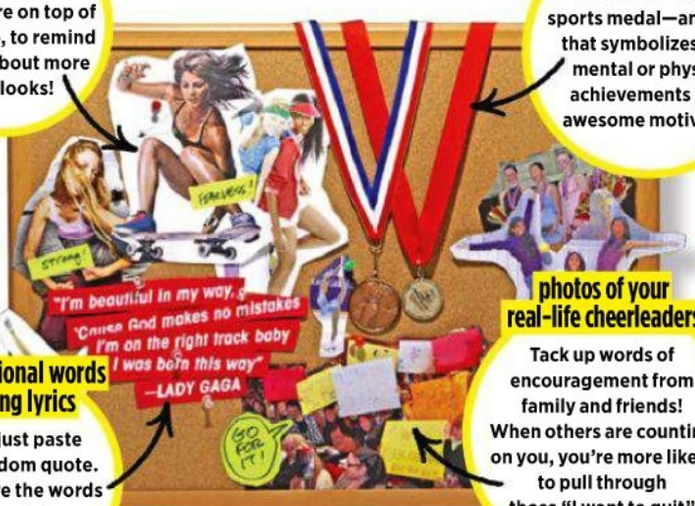
[Write a goal here.]

At the end of every week, record the things you improved.

- ☑ stamina
- ☑ strength
- ☑ confidence
- ☑ energy
- ☑ mood
- ☑ Body Peace

make a vision board

Instead of taping up pics of your dream body, put together a reminder of the strong girl you want to be!



pics of your Body Peace role models
Write a quality you admire on top of the photo, to remind you it's about more than looks!

proof of your own determination
A race number, a sports medal—anything that symbolizes your mental or physical achievements is an awesome motivator.

motivational words or song lyrics
Don't just paste up a random quote. Make sure the words really speak to you personally!

photos of your real-life cheerleaders
Tack up words of encouragement from family and friends! When others are counting on you, you're more likely to pull through those "I want to quit" moments.



show off your shape!

When you appreciate your body, you'll actually want to take care of it—and work hard to make it the best it can be. So celebrate the things you love now:

Tear this out and put it on your mirror!

"I love my _____, and
[Insert body part here.]

wearing _____ makes
[Insert outfit/piece of clothing here.]

me feel beautiful and confident!"

@SEVENTEENMAG Tell us how it's going! Follow us on Twitter and tweet *your* progress. Tag it #17BestBody.

MAIN PHOTOS: TERRY DOYLE. (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.)

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TRESemmé professional affordable



Glam'Eyes Day 2 Night Mascara

Calling all beauty junkies! This season, I can't get enough of **Rimmel London's Day 2 Night Mascara**. It's a revolutionary lash experience! Volume or length with the twist of a cap. Choose the pink cap for length OR choose the black cap for volume. Its buildable formula allows you to create the look you want for day or night.

Check it out at **rimmellondon.com**.



seventeen STYLE PRO

XOXO, Ashley



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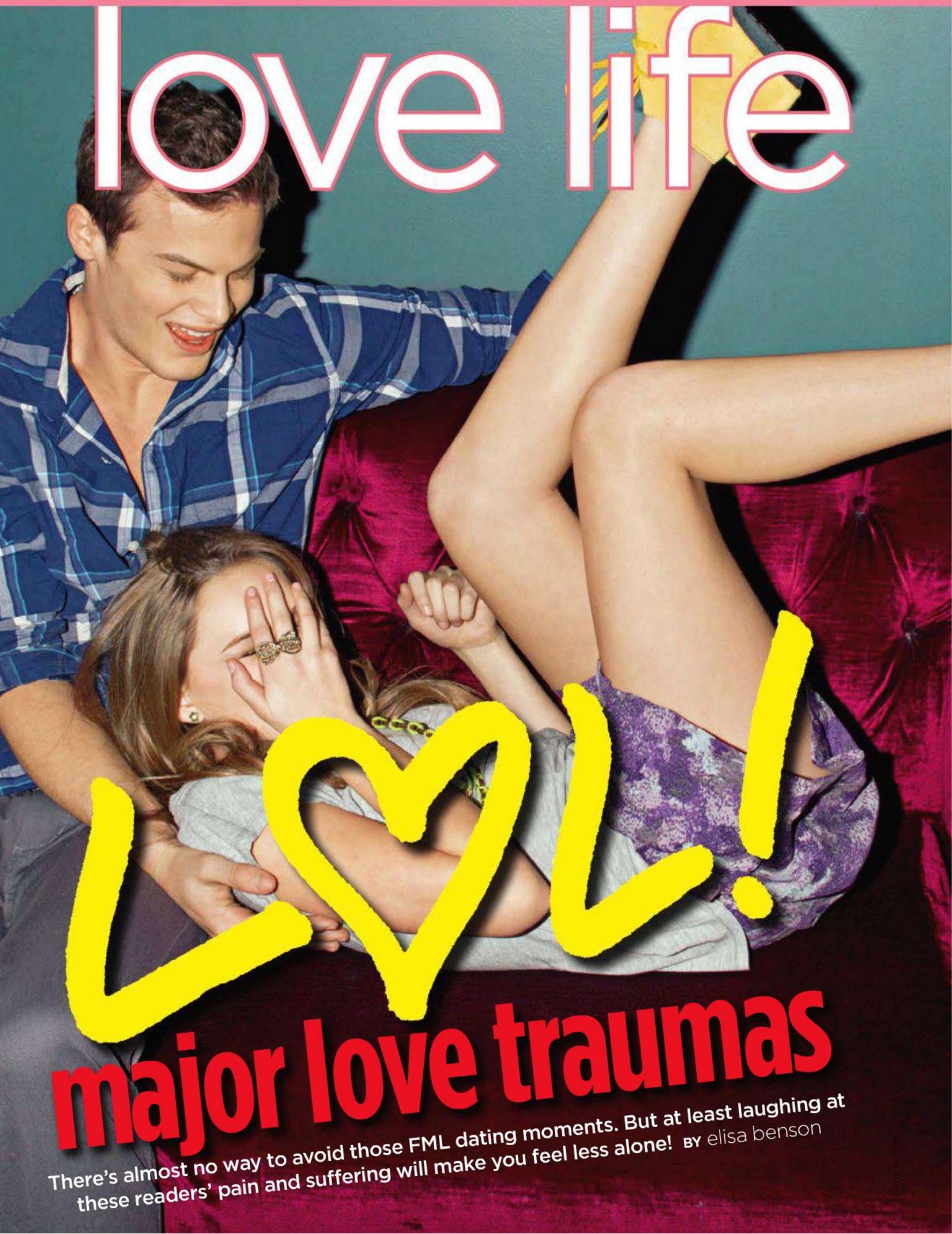


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LOL! major love traumas

There's almost no way to avoid those FML dating moments. But at least laughing at these readers' pain and suffering will make you feel less alone! BY elisa benson

reader dating FAILS!

HORRIFYING!

FAMILY AFFAIR

"I'd been hard-core flirting with this guy I met at work, and he was clearly into me too. Then one weekend, I was surprised to see him at a family picnic. Turns out he's my *cousin*."

–brittany, 20, newtown, pa

DATEMARE

"There was this really cute guy I liked, and my best friend liked his best friend, so after weeks of plotting, we finally went on a double date to the movies. I was so excited! A few minutes in, my date leaned in for what I thought would be a kiss—but instead he said, 'Do you think your friend would consider dating me?' I felt so stupid—and I still had to sit through the movie!"

–courtney, 17, baltimore, md

SNAP JUDGMENT

"This guy wouldn't take the hint that I didn't like him, and when he showed up at my dorm with flowers, I lost it and screamed that he was a stalker. Just then my crush walked out of his room and said, 'A guy gets you flowers and that's how you act?' He looked at me like I was a total crazy b****."

–morgan, 20, auburn, ny

PARTY FOUL

"My cute coworker asked me to go to a party, but when we showed up together, this girl totally flipped out at us. He assured me she was just a weirdo and avoided her for the rest of the night. But when I got home and went to add him on Facebook, I realized they were 'in a relationship.' I felt like a complete idiot for falling for him—and his BS!"

–adriana, 19, lincoln, ri

HILARIOUS!

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date traps

Warning—these seemingly good ideas are headed straight for *date*saster.

chili dog

You might not be thinking ahead to a kiss when you're at the snack bar, but onion breath can take days to clear out!





heels

If you try to walk in the grass or play mini golf in stilettos, you're steps away from a face-plant.



waterslide

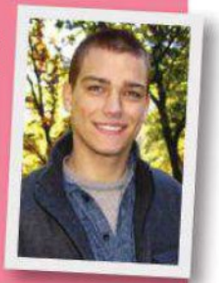
You will inevitably have to pick your suit out of your butt after every ride—right in front of your sweetie.

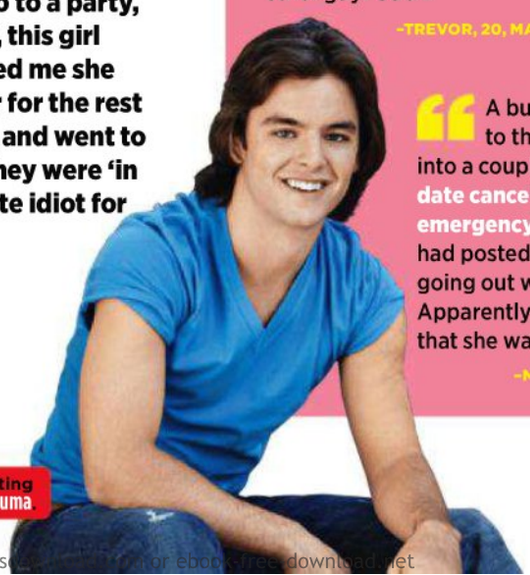
his summer LOVE BURN

seventeen HOT GUY PANEL! Ask them your love Qs at seventeen.com/hotguys.

"My friends and I were at the lake and I spent the whole day talking to this girl, **who seemed totally into me.** After I left, my buddies harassed me for not getting her number, so I decided to go back. When I got there, she was already making out with some other guy! Ouch."

–TREVOR, 20, MANSFIELD, TX





"A bunch of my friends were going to the Bahamas, and it had turned into a couples trip. At the last second, **my date canceled because of a 'family emergency.'** When I got home, I saw she had posted tons of pictures of herself going out with her friends the whole week! Apparently the only emergency was that she was over me."

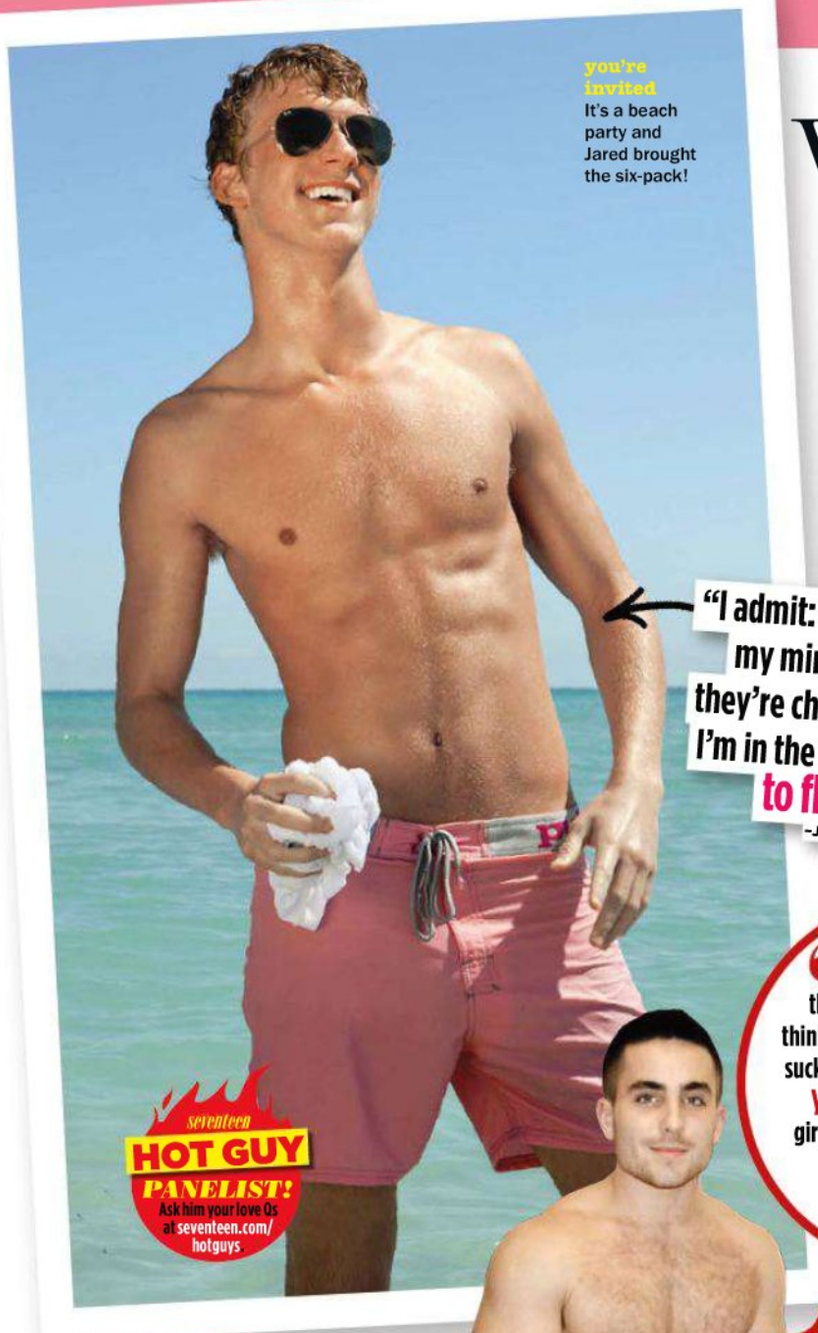
–MAURICIO, 19, SANTA CLARA, CA

SEVENTEEN.COM Real guys talk about their biggest dating traumaramas at seventeen.com/datingtrauma

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weird things he thinks at the beach

These cuties had some wacky confessions to get off their chests!



you're invited
It's a beach party and Jared brought the six-pack!

seventeen **HOT GUY PANELIST!** Ask him your love Qs at seventeen.com/hotguys

"I admit: The number one thing on my mind is girls and whether they're checking me out too. When I'm in the water, **I make a point to flex**—just in case!"
–JARED, 17, STIRLING, NJ

"I've never told anyone this before, but at the beach, I can't stop **thinking about *Jaws!*** Every time something touches my leg in the water, I want to scream like a little kid. Sharks are scary!"
–ERIC, 20, LONG ISLAND, NY

"As I walk along the beach, I'm constantly thinking, Suck in your stomach, suck in your stomach, **suck in your stomach.** I hope girls can't tell I'm trying that hard to keep it all in."
–ANDREW, 19, VERNON, NJ

"When sandal weather starts, I can't help thinking about how my feet look. I like to dig them into the sand—it **makes my toes feel super-soft,** as if I've gotten a beach pedicure!"
–ASJED, 18, WASHINGTON, DC

"I'm pretty much focused on **cheesy pickup lines.** Once I said to a girl, 'Excuse me, but a shark just ate my only friend. I was wondering if you could be my new one.' She laughed and it got us talking."
–TRAVIS, 20, LINCOLN, RI

MAIN PHOTO: CHEYENNE ELLIS, SENIOR FASHION EDITOR: ANNEBET DUVALL. GROOMING: LUIS BELTRAN WITH FORD MODELS MIAMI FOR KÉRASTASE AND COLLEEN STONE FOR FORD MODELS MIAMI AND DIOR. PRODUCTION: HG PRODUCERS. ON JARED: TRUNKS, PULL-IN. REPORTING: KAITLYN MUCHNOK AND CHELSEA TIRRELL.

SEVENTEEN.COM Get HGP Jared's top five beach flirting tips (on video!) at seventeen.com/hotguypanel



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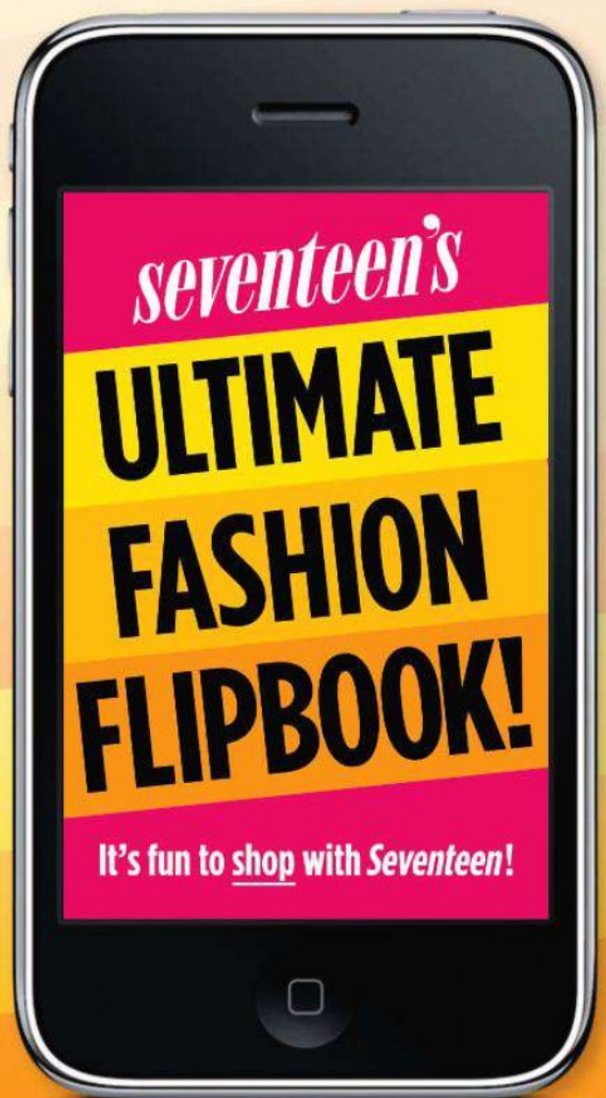
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flash a smile
A genuine grin shows guys how confident you are (even if you don't feel it yet!).

SNEAKY WAYS TO

get flirting confidence

Want to be the girl who *knows* her moves are smooth? It's easy! BY elisa benson

☑ flirt with the waiter

Try your moves on a guy who doesn't really matter to you so that you have a nonscary way to figure out what works—**what makes a guy laugh, what makes him roll his eyes.** A cute waiter is the perfect test run because it's his *job* to pay attention to you!

☑ play wing girl

When you're acting as the sidekick for a flirty friend, **you get to be part of the action without any pressure.** Seeing how she talks to guys will rub off on you—soon you'll be ready to jump right in.

☑ learn to speak "guy"

When you're hanging out with your guy friends, pay attention to what they talk about and what cracks them up. Being **totally comfortable in guy world helps you hold your own** around a cutie you like and may even give you a few jokes to steal.

☑ warm up on text

Of course, it's easier to say something bold to your crush over text. But when you get in the habit of throwing out those lines (and realize that most of the time, they totally work!), **you'll eventually get up the guts to try it in person.** Just hit send already!

READER DARE!

"I noticed my crush had an iPhone, so I told him about my obsession with Angry Birds and demanded to play. But really, I put my number into his phone, handed it back to him, and said, 'I think you've got a new contact.'"

–ALEXANDRA, 17, LINCOLN, RI

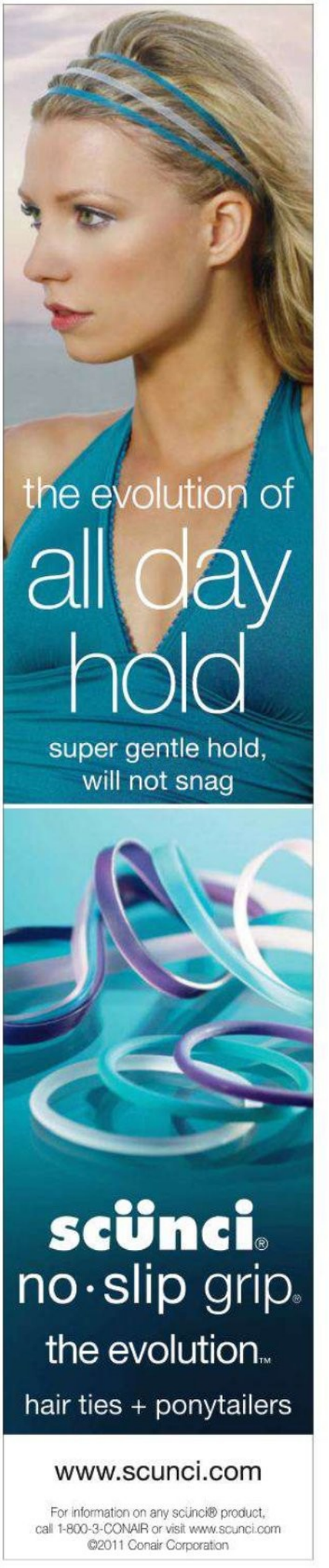


17 EXPERT: Samantha Scholfield, the author of *Screw Cupid: The Sassy Girl's Guide to Picking Up Hot Guys* (Experiment, 2009).

SEVENTEEN.COM Need a little flirting inspiration? Check out the hottest celeb guys at seventeen.com/hotguygallery.

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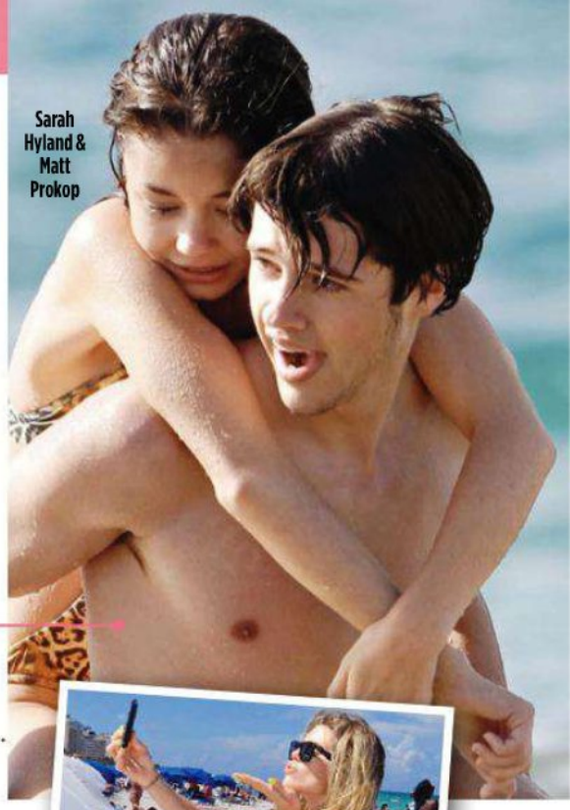
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QUIZ!

summer fling or real thing?

Find out if your hookup is in it for keeps. BY elisa benson


Sarah Hyland & Matt Prokop


Cory Monteith

Vroom, vroom!

Check the statements that apply:

- ☐ He likes to cruise around in his ride.
- ☐ He gives you a playful piggyback ride.


Megan Fox & Brian Austin Green

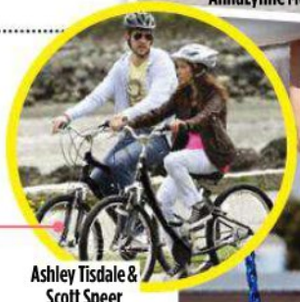
- ☐ He snaps a cute pic of you two on his phone.
- ☐ He asks you to send bikini shots to his phone.

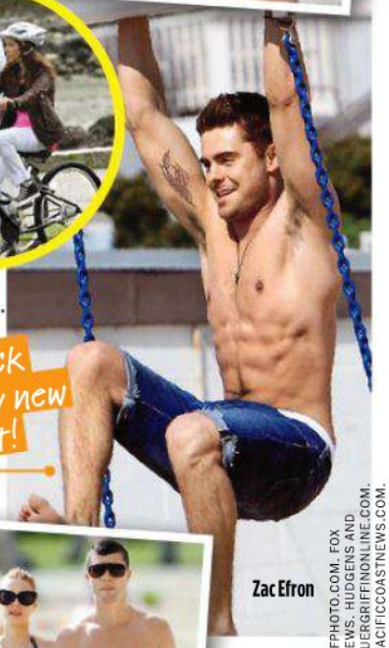

AnnaLynne McCord


Avril Lavigne & Brody Jenner


Vanessa Hudgens & Josh Hutcherson

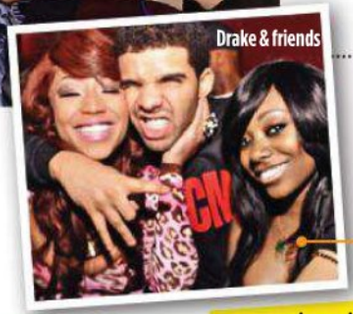
- ☐ He wants to take you on a whirlwind moto ride.
- ☐ He wants to take a breezy bike ride with you.


Ashley Tisdale & Scott Speer


Zac Efron

Check out my new tat!

- ☐ He wraps you in his arms!
- ☐ He can't wait to show off his arms!


Drake & friends

- ☐ He loves to hang out with you and your friends.
- ☐ He loves to hang out with you one-on-one.


Whitney Port & Ben Nemtin

mostly pink

it's the real thing! A guy who plans thoughtful dates and loads his Facebook album with couple-ish photos isn't just looking for a fast hookup. If you're feeling it too, say, "The last few months have been awesome. Have you thought about the *next* few months?" Since he's putting out serious BF vibes, it's not too pressure-y to ask about the future.

mostly orange

it's a summer fling! Your guy is smokin' hot—and knows it! He's the type who can't wait to strip down at the beach and who loves to show you off at a party. It's mega-flattering to know he's into you, so soak up every steamy second! Just remember that in the long run, you're better off with a guy who wants to leave that hot party for a romantic walk.

SEVENTEEN.COM Get answers to all your love Qs with exclusive quizzes at seventeen.com/quizzes.

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Journeys Backyard BBQ Tour

Seventeen is teaming up with **Journeys Backyard BBQ tour**—a FREE ALL-AGES event featuring Skate, BMX, Wake, and Freestyle Motocross demos by Bucky Lasek, Rob Dyrdek, PLG, and Ronnie Faisst. Check out live music from your favorite local bands and rock out to national acts. Slated to perform this year are Plain White T's, New Found Glory, The Dirty Heads, Thursday, and 10 Years! Plus, *Seventeen* is hosting a **"Tent of Style"** where you can get a **henna tattoo**, learn about Ally Carter's newest book **Uncommon Criminals** from Disney-Hyperion, win **prizes** from **Splat Hair Color** and **Gossip Swimwear**, and much more! Stay tuned for more info on this FREE event at **journeysbbq.com**.



Saturday, May 28th (12-7PM)
Maplewood Mall: Minneapolis, MN

Saturday, June 4th (12-7PM)
Flatiron Crossing: Denver, CO

JOURNEYS

Insider Fashion Tips at "On The Radar"

mstylelab is this summer's must-visit online destination for the season's coolest trends found only at Macy's. From neon brights to studded accents, I will keep you "On The Radar" with my **favorite picks** and **indispensable styling tips**.

You can also follow your fashion destiny with a **special horoscopes feature**!

Find all this and more at **macys.com/mstylelab**.



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XOXO, Amy

mstylelab

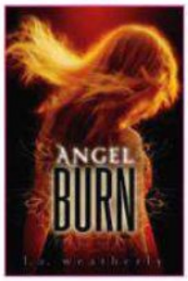
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Angel Burn, by L.A. Weatherly

They're out for your soul…and they don't have heaven in mind.

Looking for a red-hot summer read? I am loving **Angel Burn**, the first book in the action-packed paranormal romantic trilogy from **Candlewick Press**! The **first 50 girls** to email **angelburn@candlewick.com** will win a **free copy** of **Angel Burn** and a **limited-edition tote**.

Check out **candlewick.com/angelburn** to watch a trailer.





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XOXO, Marissa

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your life



"total strangers threw me a huge birthday party for free!"

Imagine planning a fairy-tale celebration, only to have it disappear in a poof. Luckily for Kimberly, 15, two Prince Charmings saved her day!

AS TOLD TO jane bianchi

WIN!

Capture every moment of *your* next birthday party: Five readers will receive a Nikon Coolpix S3100. Enter code [nikon] at seventeen.com/freebies. Go to page 150 for details.

MAIN PHOTOS: REBECCA GREENFIELD. HAIR & MAKEUP: HECTOR RODRIGUEZ, TISDALE; GETTY IMAGES FOR WET REPUBLIC. GOMEZ: ALBERT MICHAEL/STARTRAKSPHOTO.COM. JUSTICE: CHARLEY GALLAY/WIREIMAGE.



I've been obsessed with having the *perfect* 15th birthday party for years. My family is Mexican, and in my culture, a quinceañera is a *huge* deal—it's the day you go from being a girl to a woman. I dreamed of wearing an elegant dress and walking into a room filled with food, family, and friends—like Cinderella. Ever since middle school, I've been tearing out pages of hairstyles and dresses from magazines and keeping them in a binder. Every time I thought about my big day, I got excited!

BIG PLANS

A quinceañera can be expensive, and my family doesn't have a lot of money. My dad drives a forklift and my mom is a nanny, so they started saving for the party when I was 12. My mom didn't want me to miss out on tradition just because money was tight. Saving wasn't easy. I couldn't get a cell phone, my two younger brothers never had new toys, and we didn't eat out. It was hard, but I knew it'd be worth it to have my fairy tale come true.

We hired an event planner, Gloria, who promised to make my dream a reality. She helped me pick out gorgeous white flowers to hold in front of my black dress (so they'd really pop!). And we decided on a banquet hall with a huge chandelier! I closed my eyes and pictured myself dancing underneath it. I loved everything—my party was going to be amazing.

PARTY'S OVER

Two months before my party, my mom stopped by Gloria's office, but the door was locked, and the people next door said she had moved. Then she went to Gloria's house, but nobody was living there. When my mom came home, she looked completely panicked, and I was so confused—I thought maybe Gloria had just gone on vacation. But when we contacted the vendors we'd chosen, they said that Gloria hadn't paid for anything! Gloria and about $12,000 of our money had disappeared!

No money meant no party—I was devastated! And I was embarrassed because I had already sent out more than 100 "save the dates" to guests! I started crying hysterically.

THE ULTIMATE GIFT

Later that day my mom and I went to the police station to file a report. There was a TV reporter there working on a different story who approached us and asked me what was going on. I wanted to warn other girls in my town about Gloria, so I gave the reporter an on-camera interview.

> *"The party planner and about $12,000 of our money had disappeared!"*

When I arrived home from school on the day after the segment aired, the reporter was standing in my yard with my mom and two guys I didn't know. Before I could even wonder who they were or why they were there, the guys told me they were from The D'Jay Company, which provides lighting and music for parties. They felt so bad about what had happened that they, along with lots of local vendors, offered to donate their services for my entire quinceañera! I was in shock. I wasn't sure if I should trust them, but there was no catch! And instead of throwing me the $12,000 party I had planned, they were going to throw me one that cost $30,000! They had no reason to help me—they did it purely out of kindness. These guys were like angels coming down from heaven to help me. They found a new hall at a place called Imagine That, which was bigger and better than the other place, and planned the whole night just as I'd wanted.

At my party, I made a grand entrance into the ballroom and got a standing ovation, then waltzed to "So This Is Love" from Disney's *Cinderella*. I truly felt like a princess! I'm so thankful.

I don't know if Gloria will get caught for what she did, but I hope she does. What goes around comes around. I couldn't stop her from taking from me, but I can make up for it by giving back. That's why I'm donating my gown, so another girl whose family doesn't have a lot of money can also have the party of a lifetime! 17

MEGA *celeb* B-DAYS

Think Kimberly's quinceañera was amazing? These celebs also know how to party it up!



VEGAS POOL PARTY!

Ashley Tisdale had a wet 'n' wild birthday with her *Hellcats* costars at the MGM Grand hotel in Las Vegas.



BACKYARD BASH!

For her B-day, Selena Gomez invited 250 people to her house to eat barbecue and *lots* of cake.



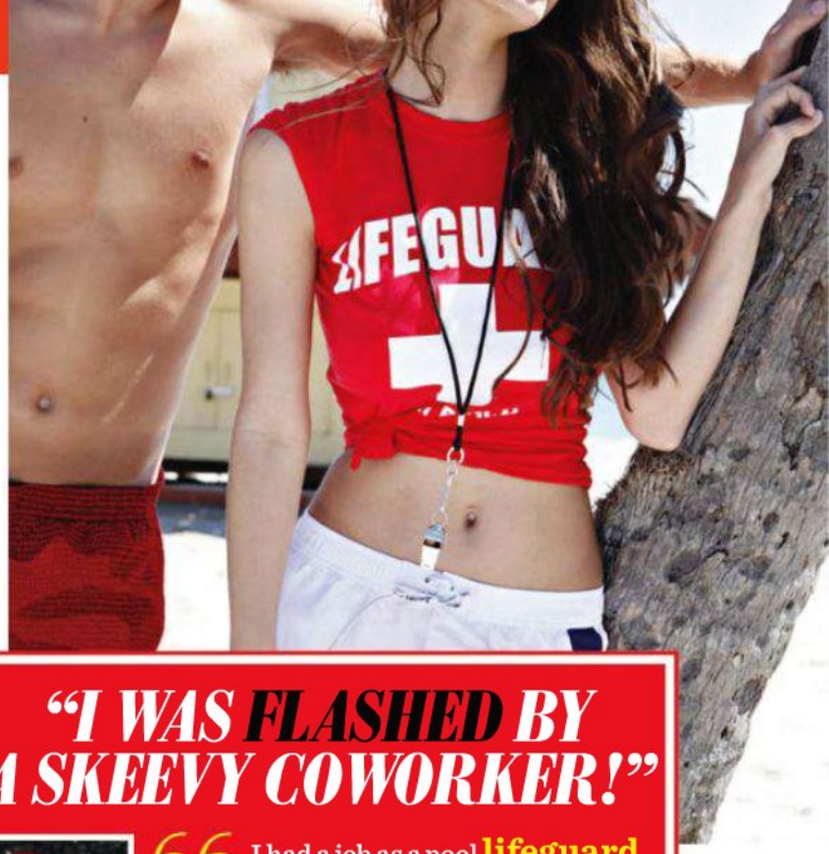
HOT BIRTHDAY!

At Victoria Justice's party, sparks flew (literally) when her cake was topped with fun sparklers.

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"my worst summer job!"

You work hard for your money, but you'll never believe what these girls had to go through just to get paid.



"A CUSTOMER THREW DRINKS AT ME!"



I was working as a waitress **at a restaurant** to save money for a new car. One night, 20 people came in for dinner and drinks. I think they were already drunk because they were really rowdy and changed their orders a million times. Halfway through the night, one lady **ordered another drink,** but I'm not 18, so I can serve only food, not alcohol. I said, 'Sorry, I can't take your order, but I'll find another waitress.' Suddenly, without warning, she grabbed six sweet, sticky drinks off the table and threw them on me two at a time! **They got all over my hair and clothes! I was drenched!** Every customer was staring at me—it was so humiliating that I burst into tears right there. I had to quit. Some jobs just aren't worth it.



–ANDREA, 17, BRENTWOOD, CA

"I WAS FLASHED BY A SKEEVY COWORKER!"



I had a job as a pool **lifeguard** with a guy who is three years older than I am. One day he told me what a nice butt I have, and that he wanted to have sex with me. It made me so uncomfortable! I told him to stop, but he wouldn't. Later he said, 'Come here, I want you to see something.' When I turned around, he had his pants down! I screamed, **'That's gross. Put that away!'** I told my boss, and then I reported it to the police. He was later found guilty in court of indecent exposure. I'm glad I spoke up, because no one should be treated like that!

–HOLLY, 19, CHARLOTTE, NC

"A LITTLE GIRL PEED ON ME!"



When I was a camp counselor, I was playing a game of Freeze Dance. (If you don't freeze when the music stops, you're out!) A 4-year-old girl and I got out, so I sat on the sideline and she plopped down on my lap. All of a sudden, I felt something warm and wet spreading across my right thigh. OMG, she'd just peed on me! She's a sweet kid, and I know she didn't mean to, but my shorts were soaked! Note to self: Make sure *every* camper is potty-trained!

–CHELA, 17, INDIANAPOLIS, IN

WIN! Tell everyone about *your* worst summer job. Two readers will receive an HTC Inspire 4G phone from AT&T. Enter code [ATT] at seventeen.com/freebies. Go to page 150 for details.

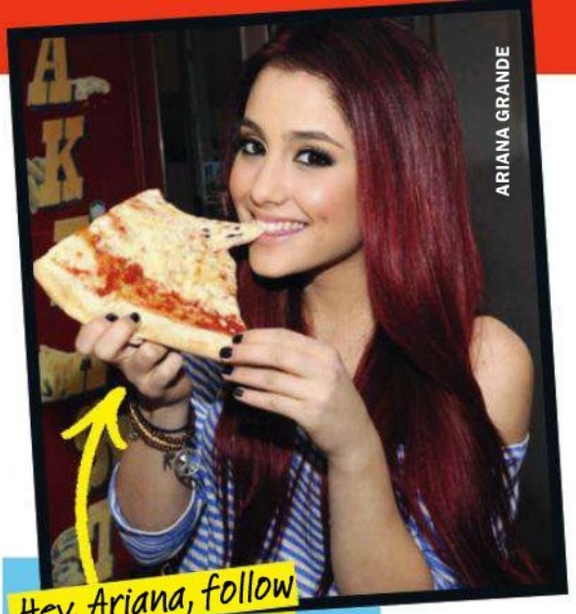
MAIN PHOTO: CHEYENNE ELLIS. (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.) DRINK: OJO IMAGES LTD/ALAMY.

SEVENTEEN.COM Celebs dish on their worst jobs at seventeen.com/celebjobs.

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To enter, follow **@jambajuice** and **@seventeenmag**, then tweet at both using **#17Juice**.

WIN! FOR RULES, SEE PAGE 150.

FOOD!



"Once I tweeted about how much I craved an **@auntieannes** pretzel. And an hour later, the company tweeted back and sent me a free pretzel gift card! Now I follow them, since they tweet awesome freebies all the time."



–megan, 22, wichita, ks

MAKEUP!

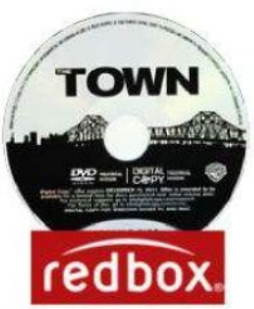


"I obsess over makeup, so I 'Liked' **CoverGirl on Facebook.** Soon messages from the company appeared on my news feed. One was a contest: The first 1,000 people to sign up would score mascara and eyeshadow. So I entered on Facebook—and won! My friends were so jealous!"



–carolyn, 22, camp hill, pa

MOVIES!



"I love watching movies with friends. I 'Liked' **redbox on Facebook** because my friend said I might get free rentals. Sure enough, redbox posted that if I signed up for its text service, I'd get a freebie. I was texted a code, and I got *The Town* for absolutely nothing!"



–lalita, 18, buffalo, ny

EVERYTHING!



"I follow **@heyitsfree on Twitter.** It's a site that collects Web freebies. They tweet deals daily! If I see one I like, I click on a link. Then I fill out a form or take a survey and the company sends me a sample or a coupon. I've gotten free yogurt, a T-shirt, and even beauty products!"

–angela, 20, houston, tx

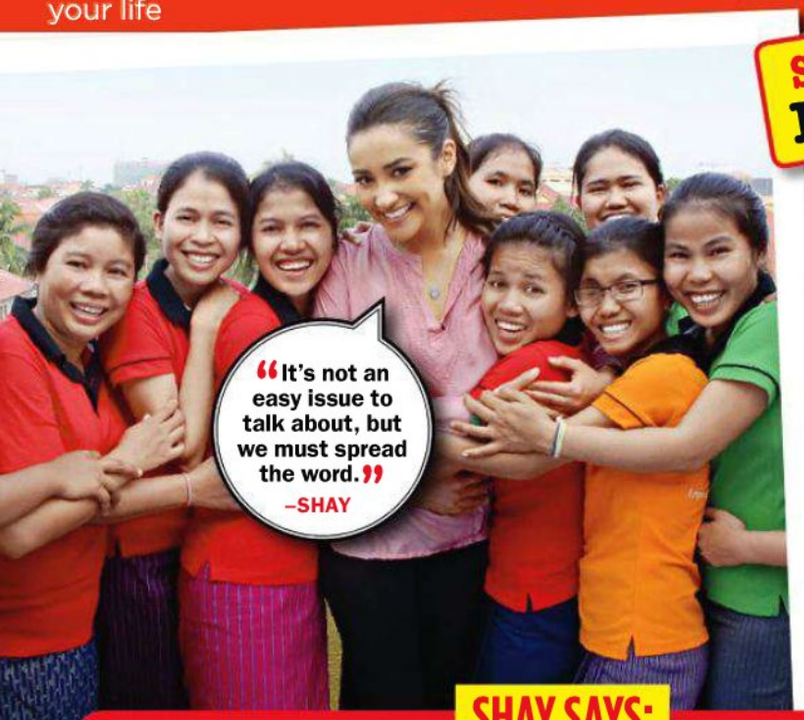
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17 EXPERT: Catey Hill, the author of *Shoo, Jimmy Choo! The Modern Girl's Guide to Spending Less and Saving More* (Sterling, 2010).

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STILL LIFES: (LIP GLOSS WAND) YLVA EREVALL/STUDIO D; (MASCARA AND LIP GLOSS SWIRL) J MUCKLE STUDIO; (DVD) JESUS AYALA/STUDIO D; (ALL OTHERS) COURTESY OF COMPANIES. GRANDE: ALBERT MICHAEL/STARTRAKSPHOTO.COM.



Shay Mitchell's MISSION:

stop sex slavery!

All over the world—including the US!—teen girls are being forced into prostitution. Help end that today.

SHAY SAYS:

WHY IT MATTERS TO ME

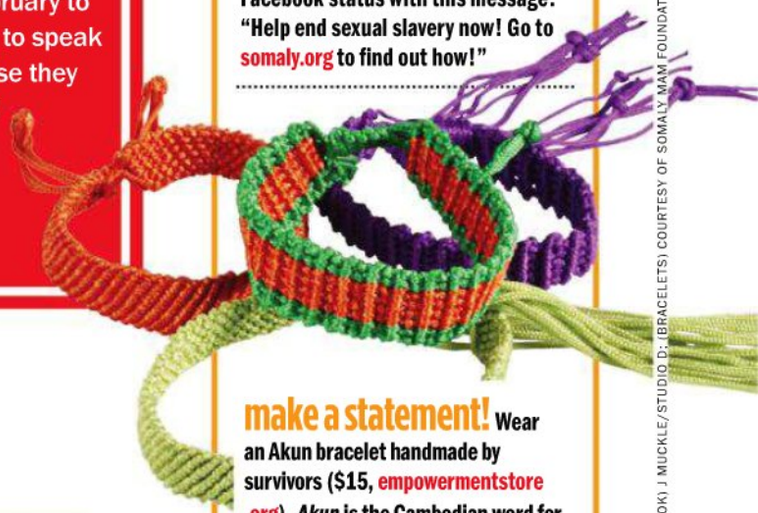
"Before landing my role on *Pretty Little Liars*, I had a modeling contract in Thailand and Hong Kong. While there, I saw local girls with guys who were way older and I knew something just wasn't right. Then I learned that nearly two million people under 18 across the globe like them are being forced into prostitution. Disgusted, I contacted the **Somaly Mam Foundation (SMF),** a nonprofit cofounded by a survivor of sex slavery in Cambodia. It rescues girls and helps them deal with issues like pregnancy and injuries caused by abuse, and teaches them how to earn a living. I flew to Cambodia for one week last February to meet survivors in SMF shelters and schools who were learning how to speak English, sew, and cut hair. I brought them books and asked what else they needed. They said, 'Don't judge us. Just give us love, sister.' One girl wouldn't let go of my hand for hours. When they hugged me, it was the purest form of love I've ever felt. I want to help SMF open more shelters and schools in the Philippines, since I'm half Filipina, and sex trafficking is a problem there, too."

make it YOUR mission

Raise awareness and fight sexual slavery:



tell 10 friends! Update your Facebook status with this message: "Help end sexual slavery now! Go to somaly.org to find out how!"



make a statement! Wear an Akun bracelet handmade by survivors ($15, empowermentstore.org). *Akun* is the Cambodian word for "thank you." Proceeds help former sex slaves rebuild their lives.



I did it!

"My friend Samantha and I saw a music video for 'Goodnight, Travel Well' by The Killers about sex slavery—it was shocking. To raise awareness, we started a club at school. About 20 of us read Somaly's book, and we even got her to come and give a presentation. We're now starting an e-mail pen pal campaign with survivors. I want the girls to know they're loved."

–JULIA, 17, SAN JOSE, CA



WIN! 10 winners

start a book club! Read Somaly Mam's autobiography, *The Road of Lost Innocence* ($15, empowermentstore.org). Then share the book with friends and discuss!

MAIN PHOTO: COURTESY OF SHAY MITCHELL. STILL LIFES: (BOOK) J MUCKLE/STUDIO D; (BRACELETS) COURTESY OF SOMALY MAM FOUNDATION.

SEVENTEEN.COM To watch a video of Shay's visit to SMF in Cambodia, go to seventeen.com/SMF.

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JUNE/JULY 2011

seventeen

- Lucy p. 106
- Cute Stuff for $20 or Less p. 112
- What Guys Want Now! p. 118
- Simply Irresistible p. 122
- 1 Piece 4 Ways p. 132
- This Summer Could Change Your Life! p. 138

Be bold this summer!

Slip on a bright bargain, catch his eye with a new beauty look, and get a few confidence tricks from cover girl Lucy Hale!

HAIR: KEIKO HAMAGUCHI AT DE FACTO FOR REDKEN. MAKEUP: CYNTHIA SOBEK FOR NARS COSMETICS AT SEE MANAGEMENT. MANICURE: MYRDITH LEON-MCCORMACK FOR DIOR BEAUTY AT FACTORY DOWNTOWN. PROP STYLIST: DONNIE MYERS AT DE FACTO. ON MODEL: JACKET, QUIKSILVER; TANK, DELIA*S; SKIRT, FLIRT CATALOG; LEGGINGS, GOJANE; HAT, CHRISTY*S; NECKLACE AND BANGLES, AMI CLUBWEAR; SNEAKERS, NIKE.

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L ♥ CY

Is this Pretty Little Liar keeping secrets? Not anymore!

When Lucy Hale walks into a swanky Beverly Hills Hotel, heads swivel around trying to catch a glimpse. You can't help noticing her. She has an amazing mane of flowing hair and is dressed in perfect laid-back Cali style—it also doesn't hurt that she's wearing super-cool eyeglass frames that all the Hollywood hipsters have. ("They're not real," she smiles. "I just like the way they look *and* they are great when I don't want to wear eye makeup!") The idea that she's famous enough to generate this sort of buzz when she enters a room is "flattering but totally embarrassing," she admits. Although she's becoming a paparazzi favorite, she's so unconcerned about her image and so hesitant to admit she's *somebody* that she frequently lets her guard down. "The girl you're driving by singing Taylor Swift at the top of her lungs in her car is probably me," the 21-year-old confesses.

BY LORI BERGER PHOTOGRAPHS BY PEGGY SIROTA

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ON LUCY: Top, Michael Stars; headband, Lola Hats; earrings, Bing Bang; necklace, Emily Elizabeth.



ON LUCY: Top, D&G; tank, American Apparel; earring, Edge of Urge.

It's been six years since the Memphis, Tennessee, native and her mom packed up their car and made the 30-hour drive to Los Angeles so Lucy could pursue her dream of acting. Although she has worked steadily, she appeared in a series of shows that were canceled before they had a chance. She finally caught her big break when she landed the role of Aria in the hit ABC Family series *Pretty Little Liars*. But just as her career was really taking off, she had to suffer through a public breakup with *Wizards of Waverly Place* star David Henrie (who reportedly cheated on her). She's also had her share of friend drama—she painfully discovered that girls she thought had her back were really trying to bring her down. "Now if I have people around me who I know are making bad decisions and are having a bad influence on me, I'll cut them out," she says. But after dealing with all of those major detours, her life is definitely on the right track: The highly anticipated return of *Pretty Little Liars* begins on June 14, and she just finished filming the ABC Family movie *A Cinderella Story: Once Upon a Song*. So what's the secret to Lucy's success? She acknowledges how intimidating things can be, and yet she refuses to back down! "As girls, we are all constantly trying to figure ourselves out," she admits. "But I've learned to live by the motto 'Do something that scares you often' because you can always learn something about yourself." Lucy sat down with *Seventeen* to talk about surviving personal drama, reaching her goals, and taking on anything and everything that comes her way.

> "I'm not trying to be something I'm not. I know what I believe in."

17: Did you always want to be an actress?

Lucy Hale: I knew that I wanted to do something in the entertainment world. When I was a kid, I would sit in my room and sing Disney songs at the top of my lungs. I *loved* singing and performing. But I was really shy about it, so nobody in school knew I could even sing. I was 14 when I came to Los Angeles and did the show *American Juniors,* which was a singing competition show. When everyone in my school saw it, they were like, "Where did that come from? We had no idea." OMG, back then I was the complete opposite of who I am now. Now I'm too *un*shy, and I don't stop talking.

17: How did you get over being so shy?

LH: It was a gradual process. I just finished filming *A Cinderella Story,* where I play a singer and I had to rock out, like Miley Cyrus. I had to completely own the stage—and I was afraid I wasn't going to be believable. But it was just another moment of coming out of my shell, and putting those fears and that self-conscious behavior aside. When I finally did it, I felt like a rock star! When you overcome your fears, it's completely empowering.

17: Was it scary for you to be part of the Hollywood scene at such a young age?

LH: I wanted to get out of my hometown, so I was completely stoked and excited about it. I am more scared *now* about seeing what goes on here. I see so many actresses my age get in trouble and lose their way, and it's sad to see all that great talent and potential just go away. My mom is always terrified for me. I literally got a text from her today that said, "Remember who you are." She's amazing and she brings me back down to earth.

17: How do you think you've changed in the past couple of years?

LH: When I first moved here, I found myself trying to be something I wasn't. I wasn't completely happy with the way I looked at the time, and I went through a lot of personal issues. I think it all went back to being shy and lacking confidence.

17: What weren't you happy with?

LH: It's hard being a girl. We strive to be and look like people other than ourselves, and I sort of got sucked into that. You are never pretty enough or skinny enough. I feel like once you stop focusing so much on yourself and break out of analyzing everything about who you are and what you look like, you have a better perspective. Now I'm not trying to be something I'm not. I know what I believe in. I know my morals and I know what I have to offer. I am a five-foot-two girl with big eyebrows and I'm fine with it.

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17: Are you that confident when it comes to relationships?

LH: It's hard. I've definitely tried to make something work when I knew the guy wasn't right for me, and it was *never* going to work out. I finally realized that if you know it's not right, you have to remember that he's one out of *so* many other guys in the world. Ask yourself if you are going to let one person control you, make you this upset, this mad, this heartbroken, and make you do things that you will be ashamed of later on. I learned that I should never, *ever* lose myself in a guy or sacrifice the most meaningful people in my life for him.

17: Sounds like you've had your heart broken.

LH: My first relationship didn't have a great outcome, but I learned a lot about myself—and him. Was I sad? Absolutely. Being heartbroken is the worst feeling in the world. I've had moments where I thought I would not make it through the day. I am a dramatic person to begin with, so when something dramatic happens, it's insane.

17: How do you deal with the drama?

LH: When something bad happens, I run away emotionally. I don't like to deal with being upset, so I walk away to be by myself and just hope that when I come back to a situation, the feelings have passed and everyone's over it. That's a bad habit of mine.

17: What are your tricks to getting over heartbreak?

LH: It can be tough because you can usually get on his Facebook page and see what he's doing, who he's talking to—and that *really* gets to me. So you have to completely cut yourself off from him. No texting, no Facebooking, no calls. You have to de-friend him or you'll drive yourself crazy.

17: We've heard you're dating musician Alex Marshall from The Cab.

LH: Right now, I don't really know if he and I are together or not. I guess our relationship is in that in-between mode. I'm still trying to figure it out myself. I had to step back from my personal life and focus on me, my career, and what I want to do.

17: What do you look for in a guy?

LH: I need someone to be very funny but a gentleman. Someone who is gracious to everyone—not just to people you should be kind to! A guy with a heart of gold, who will put up with me. Someone who stands for what I stand for. Someone with morals, who is close to his family. I think that says a lot about a person.

17: If you could set up your *PLL* costars with a celebrity, who would it be?

LH: I would pair up Troian [Bellisario] with Michael Cera because they are so chill and have dry senses of humor. I'd pair Shay [Mitchell] with Paul Walker because they are both beautiful and he's her biggest crush. Ashley [Benson]? Maybe Joe Jonas. They would be cute. And then me? I'd be with Andrew Garfield! He's so talented. And talent is the sexiest thing ever! Plus he's got an accent *and* he's going to be Spider-Man—he's got it going on.

> "I'm really good at keeping secrets."

17: Secrets are such a major part of your show. Are you good at keeping secrets?

LH: I'm really good at it. I would do anything for the people I care about. I would keep their secrets until I die. But it gets tricky if the secret is something that can hurt someone else or even themselves. There is a fine line between being loyal and *having* to expose something dangerous.

17: Have you ever had to expose a friend?

LH: Yes. I had a friend a couple years back who was going through a lot of body image issues. I confronted her parents about it and told them she needed help. I did it out of my love and concern. She was very upset with me. It was tough love.

17: Now that you're famous, do you feel pressure to be a role model?

LH: I know I make mistakes, and I do things that some people wouldn't agree with. I've had times when I couldn't forgive myself for something. But my idea of a good person is giving back and being kind. And if that's what it takes to be a role model, I absolutely embrace it.

Fashion Stylist: Lara Backmender at Kate Ryan, Inc. Hair: Andy LeCompte for Phyto.
Makeup: Rachel Goodwin for Chanel at The Wall Group. Manicure: Kimmie Kyess for Elegant Touch at Celestine Agency.



ON LUCY: Top, Wildfox; sunglasses, Karen Walker; necklace, Lulu Frost.

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ON MODEL: NECKLACE, AMERICAN EAGLE OUTFITTERS; BELT, LINEA PELLE.



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Lulu's, $14, lulus.com.
shoes
Sizes 5–11, Nine West, $89, ninewest.com.

ON MODEL: NECKLACE, LULU'S; BRACELETS, M STYLE LAB.



FLORAL PLATFORMS

Sizes 5½–10, Urbanog, $20, urbanog.com

sweater
Sizes S–L, Forever 21, $14, select Forever 21 stores and forever21.com.
shirt
Sizes XS–XL, Aéropostale, $25, aeropostale.com.
shorts
Sizes S–L, Urban 1972, $32, urban1972.com.
hat
Something Special, $18, lulus.com.
earrings
Girlprops.com, $9, girlprops.com.

More at magazinesdownload.com or ebook-free-download.net



STRIPED TOTE

Rue21 Etc, $17, select Rue21 stores

red tank
Sizes S–XL, GoJane, $14, gojane.com.
white tank
Sizes XS–XXL, Delia's, $16, delias.com.
shorts
Sizes XS–XL, Fox, $48, fox-girls.com.
necklace
Lulu's, $14, lulus.com.
ring
Urbanog, $8, urbanog.com.
sandals
Sizes 5–10, Armani Exchange, $58, armaniexchange.com.

ON MODEL: (THIS PAGE) BRACELET, LULU'S; (OPPOSITE PAGE) RING, SEQUIN.

PRINTED DRESS

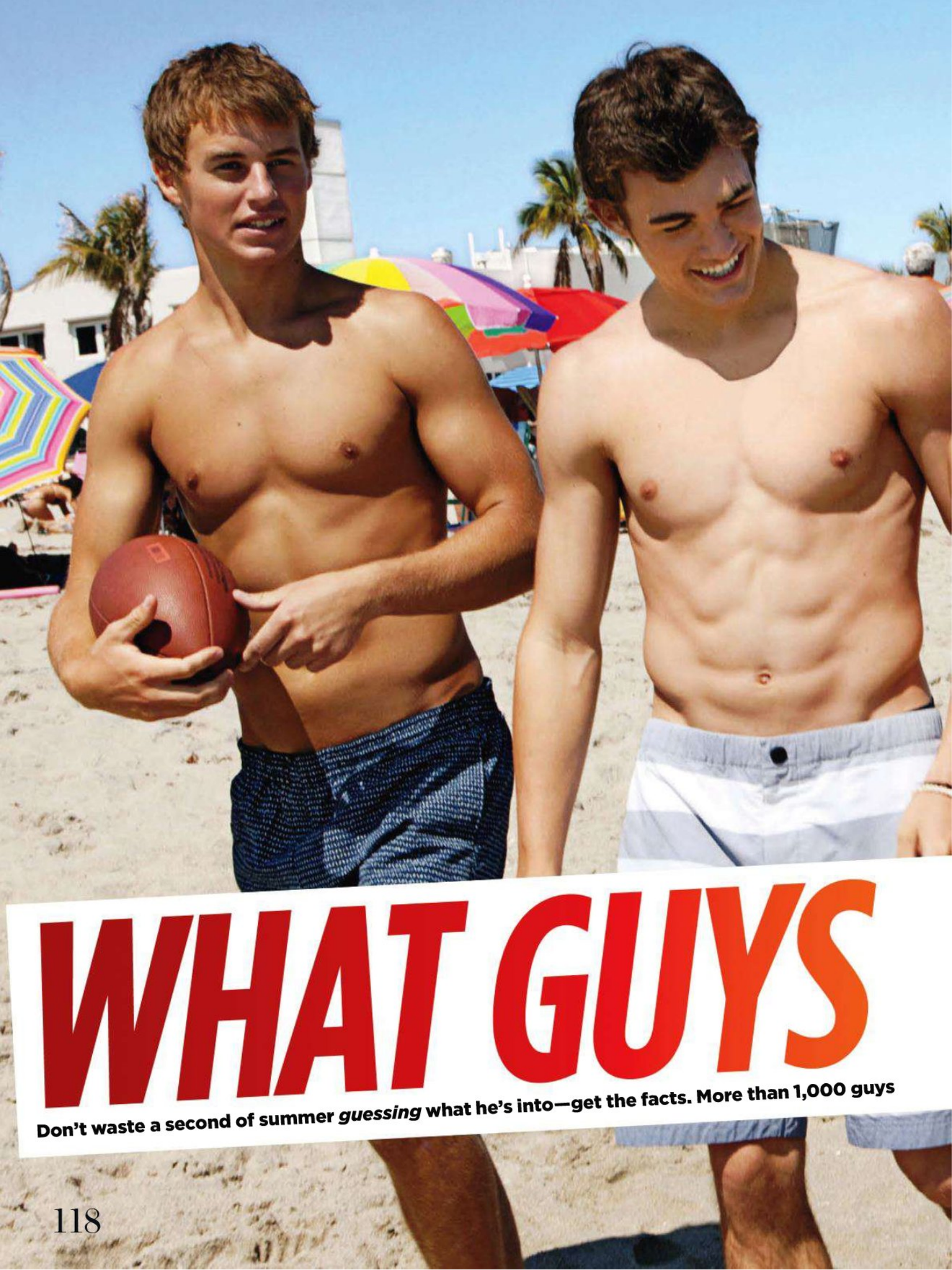
Sizes 2–10, H&M, $15, H&M stores

tank
Sizes S–L, AMI Clubwear, $31, amiclubwear.com.
necklace
Lulu's, $14, lulus.com.
bracelets
Mixit by jcpenney, $10 each, jcpenney and jcp.com.
sneakers
Sizes 5–11, Nike, $92, nike.com.



Fashion Stylist: Jacqueline Azria-Palombo at Achard & Associates. Hair: Keiko Hamaguchi at De Facto for Redken. Makeup: Cynthia Sobek for NARS Cosmetics at See Management. Manicure: Myrdith Leon-McCormack for Dior Beauty at Factory Downtown. Set Design: Donnie Myers at De Facto.

magazinesdownload.com



WHAT GUYS

Don't waste a second of summer *guessing* what he's into—get the facts. More than 1,000 guys

Find more issues at magazinesdownload.com



WANT NOW!

weighed in on the sexy little things you can do that will heat him up. You're welcome. BY ELISA BENSON

For a guaranteed way to catch his attention, try these flirty tricks—they won by a landslide!



super-short shorts

"I love these because they show lots of skin. But cover up on top—you have to leave just enough to the imagination." –HARRY, 20



eating a Popsicle

"I know once she's done with it, her lips will be wicked sweet. I can't help thinking about kissing her." –NICK, 19

TURN OFF! Wearing tons of makeup to the beach is the number one thing guys aren't into. Sorry, Deena!





mega-bright swimsuits

"A neon bathing suit stands out against the sand—like wearing a sign that says, 'Notice me!' That kind of confidence is hot." –NATHAN, 19

HIS TOP 3 FAVORITE DATES



group trip to the beach!

"The group factor makes it casual, but to get alone time, all you have to do is ask a girl if she wants to go for a walk. Girls think that's smooth, right?" –TIM, 19

outdoor concert!

"A concert is a sweet date because there's no pressure to think about what to talk about. Then afterward you can recap together, so conversation comes easily." –BRETT, 17

amusement park!

"In the summer, theme parks get particularly crowded, so I can pull the 'I'm holding your hand, so we don't get separated' move. It's a classic." –RYAN, 16

HIS SURPRISING CELEB CRUSHES!

Think all guys drool over giant boobs and skimpy bikinis? No way!



SELENA GOMEZ

"Unlike most celebrities, she doesn't wear weird clothes, which makes it easier to imagine her as my real-life girlfriend." –JAKE, 17

EMMA WATSON

"Her short hair is so carefree and sexy. She never looks like she's trying too hard." –JONATHAN, 16

TAYLOR SWIFT

"I secretly love her music! 'Mine' is the perfect summer anthem—it makes me want to put my arm around a girl by the water." –STEVE, 20

MAIN PHOTOS: CHEYENNE ELLIS. (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.) SENIOR FASHION EDITOR: ANNEBET DUVALL. HAIR: LUIS BELTRAN AT FORD MODELS MIAMI FOR KÉRASTASE. MAKEUP: COLLEEN STONE AT FORD MODELS MIAMI FOR DIOR. PRODUCTION: HG PRODUCERS. ON GUYS, PREVIOUS SPREAD: (FAR LEFT) TRUNKS, PERRY ELLIS; BRACELET, MODEL'S OWN; (RIGHT) TRUNKS, H&M; (FAR RIGHT) TRUNKS, MARC BY MARC JACOBS. ON HER, THIS PAGE: BIKINI, OP; RING, LULU'S. GROUP TRIP PHOTO: SAYE. STILL LIFES: (SHORTS) JESUS AYALA/STUDIO D; (POPSICLE) TOM SCHIERLITZ/GETTY IMAGES. STILL LIFES STYLIST: (SHORTS) MIA KATOH. DEENA: SPLASH NEWS. GOMEZ: GAZ SHIRLEY/ANTHONY; PACIFICCOASTNEWS. WATSON: FRED DUVAL/FILMMAGIC. SWIFT: SPLASH NEWS.

HIS BEACH-BODY CONFESSIONS!

You're not the only one who wants to look hot in a swimsuit.

16% *have gotten a* ***pedicure***

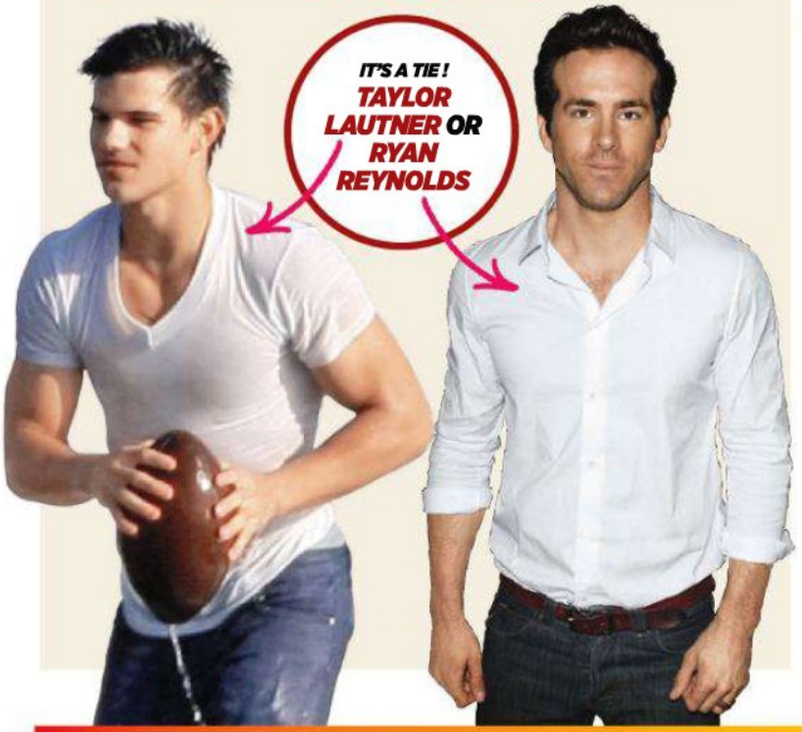
20% *have gotten a* ***spray tan***

38% *have shaved their* ***back hair***

OMG!

63% *admit they've* ***sprayed deodorant . . . down there!***

HE WISHES HE LOOKED LIKE:



"On the beach with our toes in the water."
–BOBBY, 21

"In the middle of the ocean on a Jet Ski."
–ANDRES, 18

"My front yard. There are no beaches in Ohio!"
–ALEX, 17



FLIRTING TRICKS THAT GET THE GUY

ask him to play volleyball
"An outgoing girl who loves sports is the total package. No guy could resist."
–BENNET, 20

splash him *in the water*
"Getting playful gives me an excuse to retaliate. In other words, best way ever to start a flirty war." *–CHRIS, 15*

"accidentally" ***throw a Frisbee*** *toward his crew*
"I have this fantasy where a girl drills me in the head, then has to take care of me. A guy can dream." *–ADAM, 19*

ask if he knows the best place to ***grab food***
"Dudes *love* eating. I like to say, 'I'll walk you there,' in hopes that she'll ask me to join." *–NATHAN, 19*

FLIRTING FAIL! Don't flirt with other guys to get his attention. 77% of dudes say it's a major no-no!

on a blanket under the stars!
"When the sun is just setting and the sky is as pink as roses. . . . I'm a sucker for classic summer romance."
–JAKE, 15

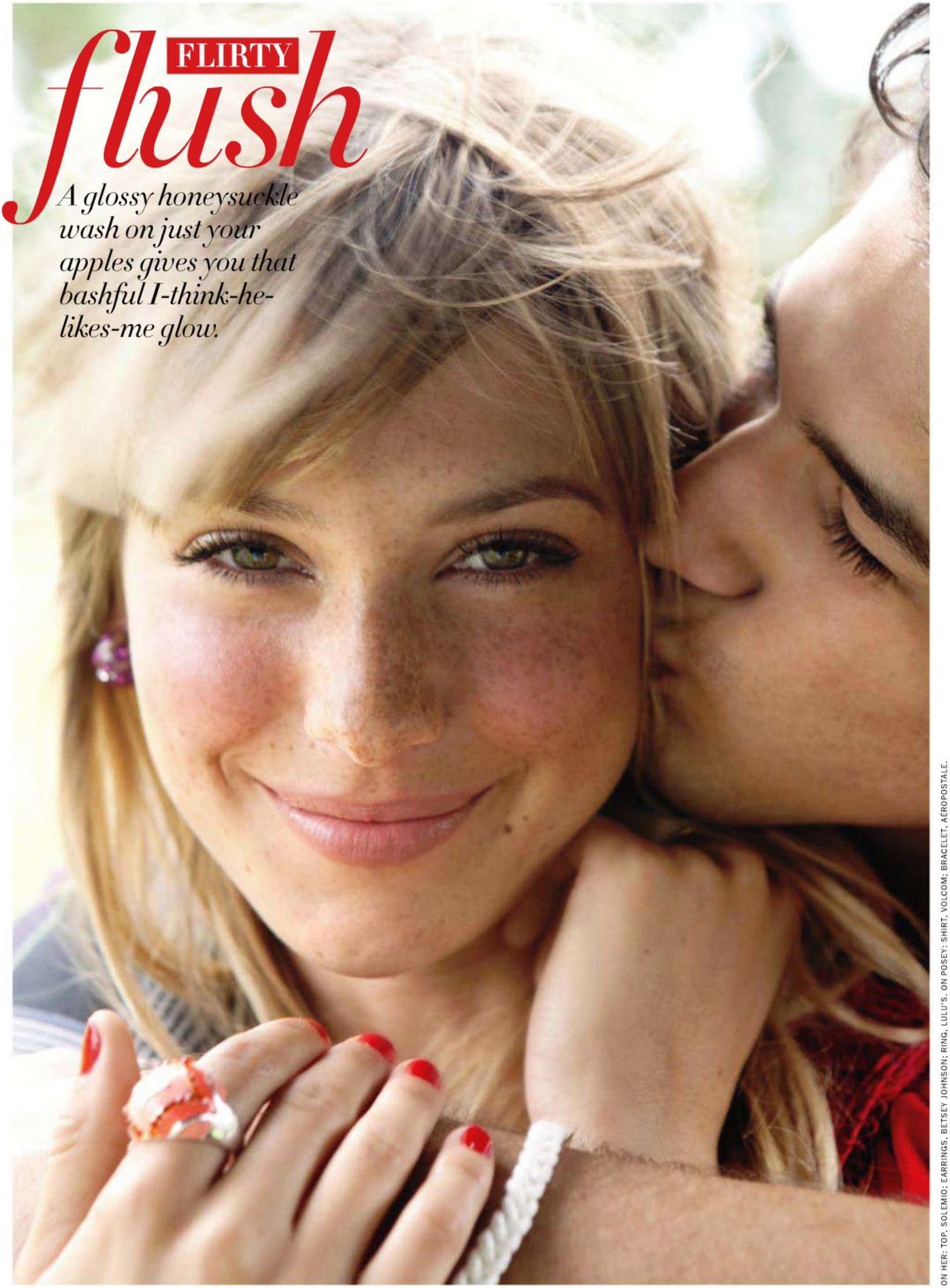


FLIRTING TRICKS PHOTO: (ON HIM) TRUNKS, H&M; (ON HER) SWIMSUIT, HURLEY; SUNGLASSES, QUAY EYEWARE. COUPLE ON BLANKET: SAYE. LAUTNER: JOHNSTONE/RAISHBROOK/SPLASH NEWS. REYNOLDS: RICHIE BUXO/SPLASH NEWS. REPORTING: CHELSEA TIRRELL.

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FLIRTY *flush*

A glossy honeysuckle wash on just your apples gives you that bashful I-think-he-likes-me glow.

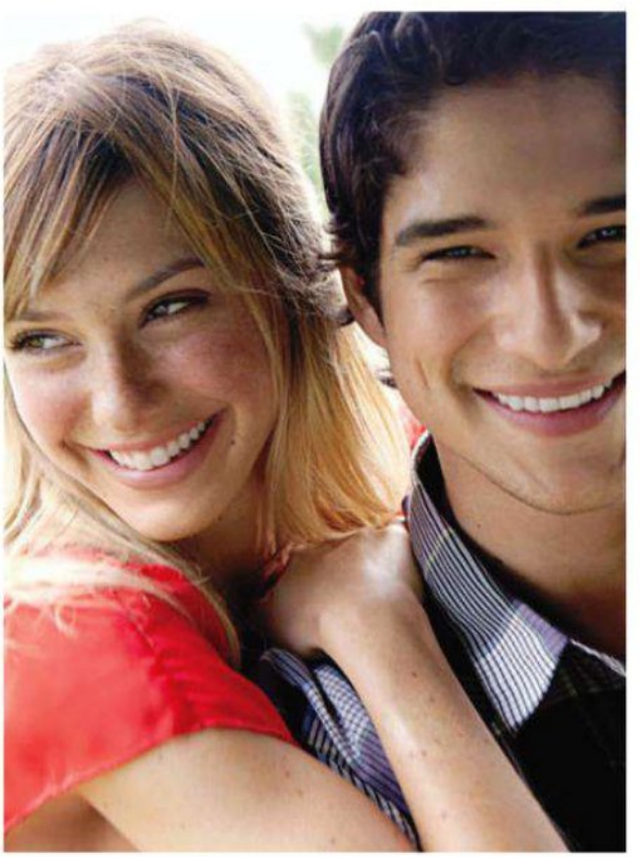


ON HER: TOP, SOLEMIO; EARRINGS, BETSEY JOHNSON; RING, LULU'S. ON POSEY: SHIRT, VOLCOM; BRACELET, AÉROPOSTALE.

by YESENIA ALMONTE

SIMPLY *irresistible*

These hot new beauty looks will make you impossible to ignore. Just ask Tyler Posey from MTV's new show *Teen Wolf*!



photographs by ANTOINE VERGLAS

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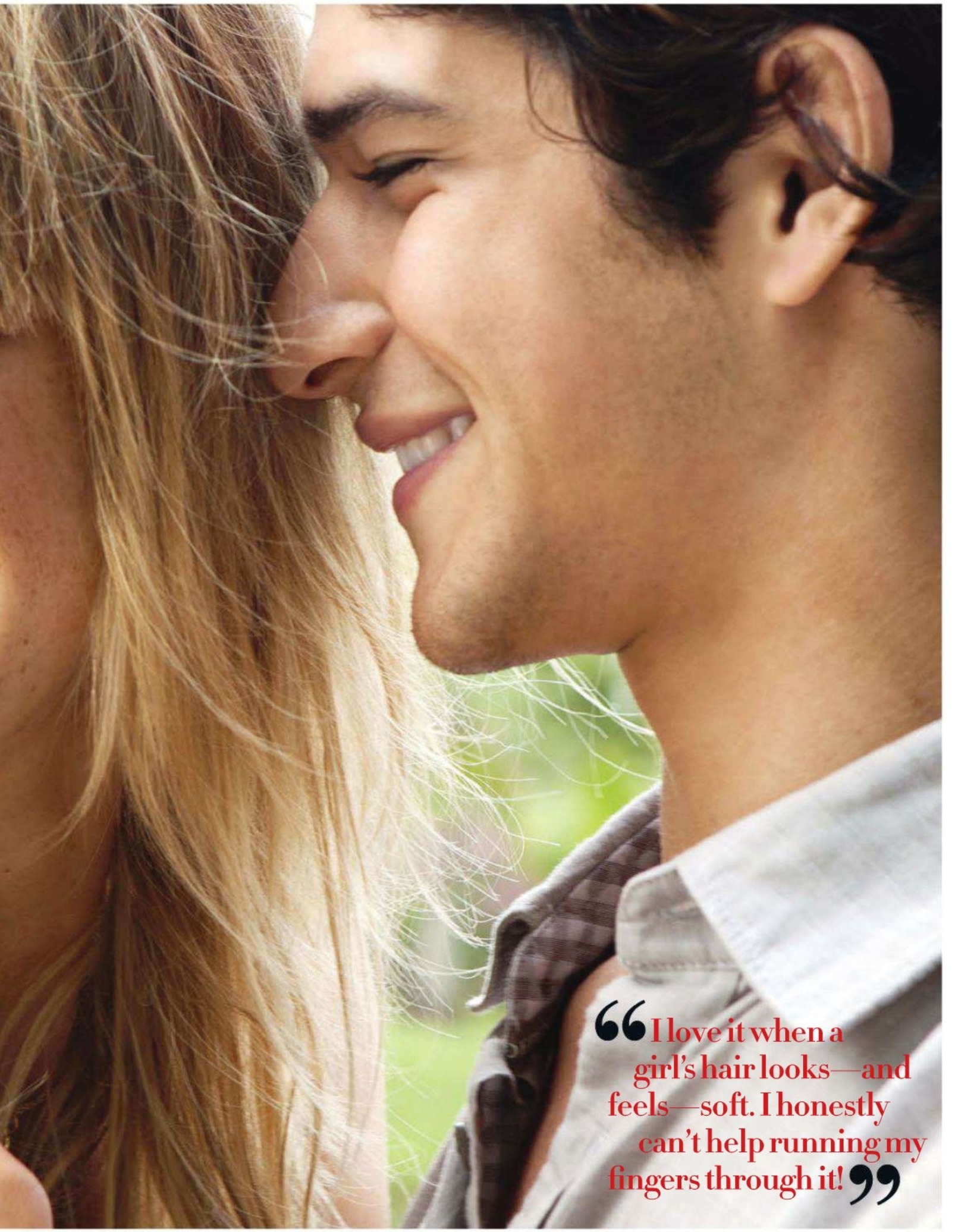
TOUCHABLE

hair

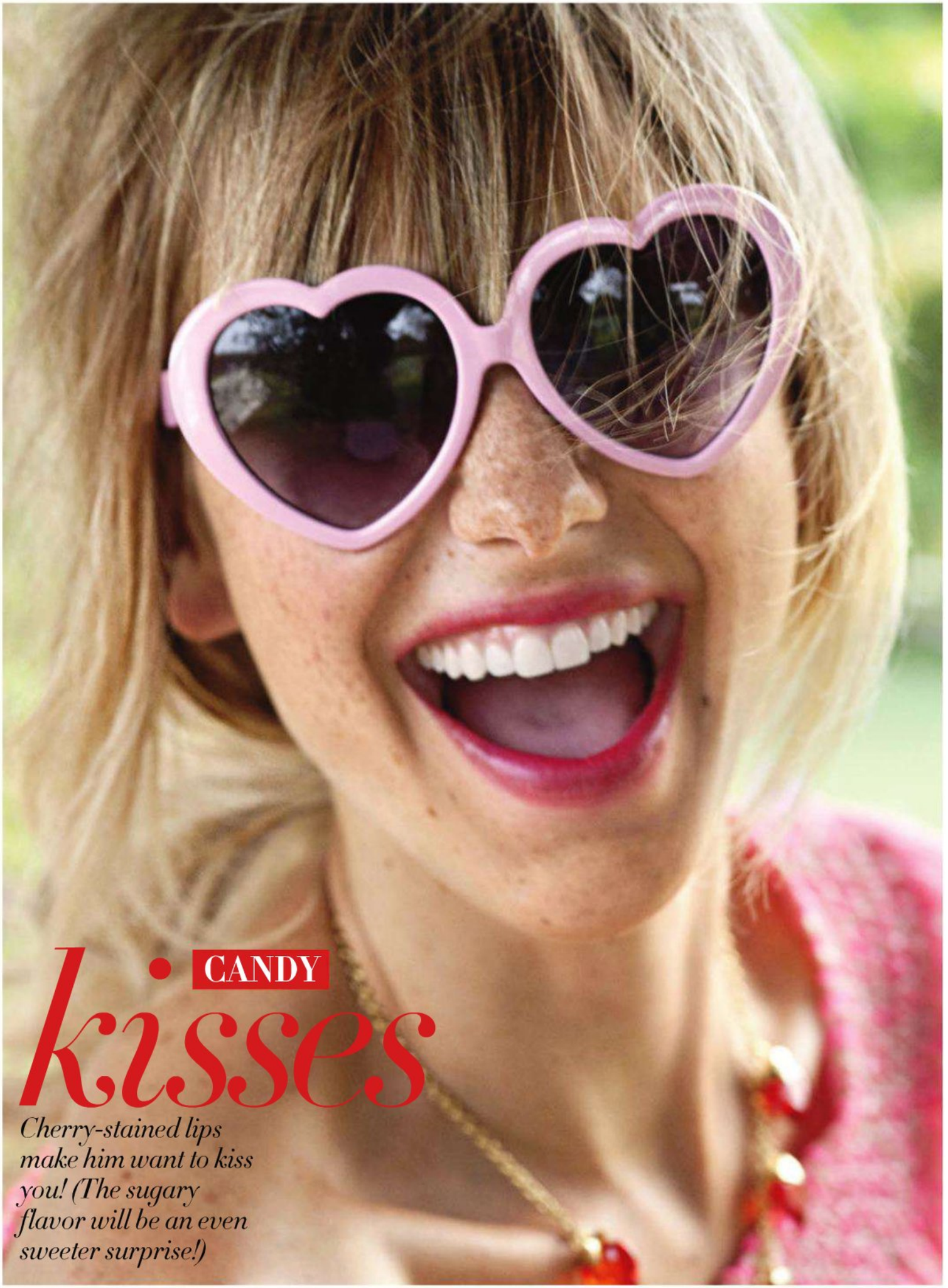
When your hair looks lush and windswept, he won't be able to keep his hands to himself.



ON HER: TANK, URBAN 1972. ON POSEY: SHIRT, ESPRIT.



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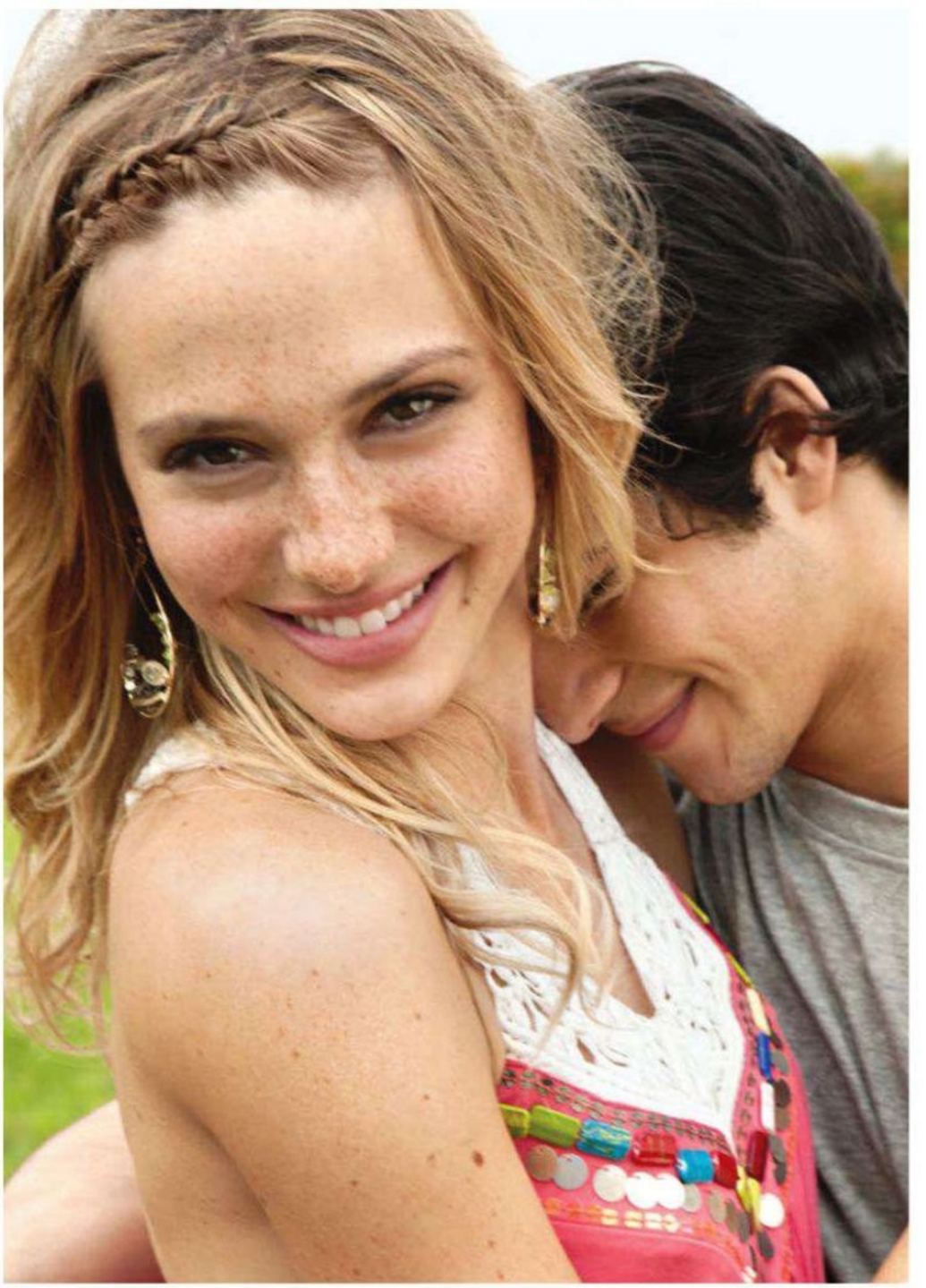
CANDY

kisses

Cherry-stained lips make him want to kiss you! (The sugary flavor will be an even sweeter surprise!)

SHIMMERY

scent



Glimmery skin will draw him close to you—an addictive scent will keep him there awhile.

ON HER: (OPPOSITE PAGE) TANK, H&M; SUNGLASSES, LULU'S; NECKLACE, NOIR; (THIS PAGE) TOP, HOT AND DELICIOUS; EARRINGS, OLIA; NECKLACE, NOIR. ON POSEY: T-SHIRT, PENFIELD.

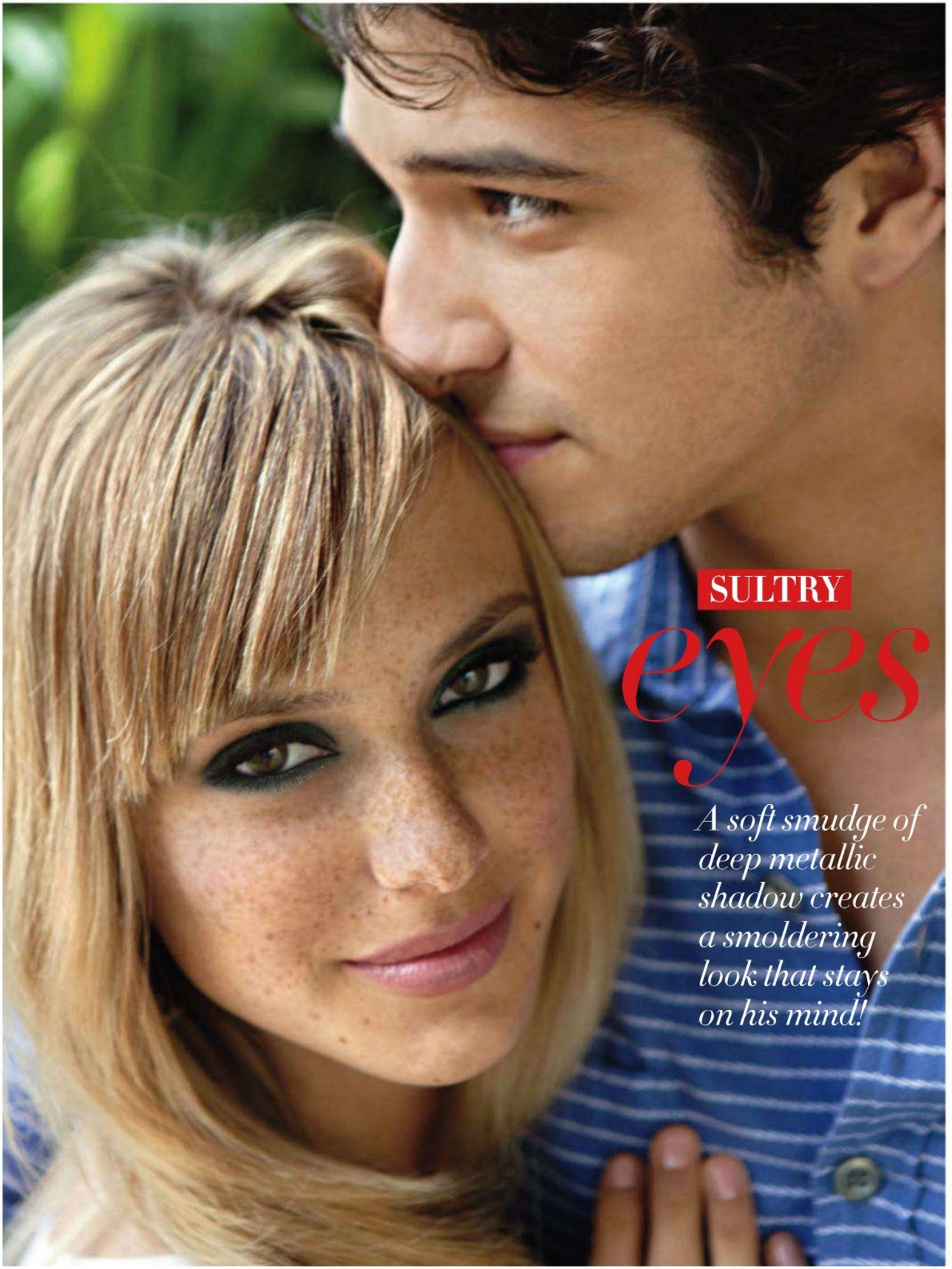
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FUN nails



When the words don't come out, make a flirty statement with vibrant nails.

ON HER: (THIS PAGE) TANK, GOJANE; NECKLACE, HELEN FICALORA; RINGS, LULU'S. ON POSEY: (OPPOSITE PAGE) SHIRT, TOPMAN.



SULTRY *eyes*

A soft smudge of deep metallic shadow creates a smoldering look that stays on his mind!

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looks he'll love





FLIRTY FLUSH

You'll give him first-date butterflies with a soft, natural glow! Dab a fingertip-full on each cheek and gently blend the edges outward slightly with your middle finger, moving in tiny circles.

try: Tarte Cheek Tint in Achiotè, $25, qvc.com

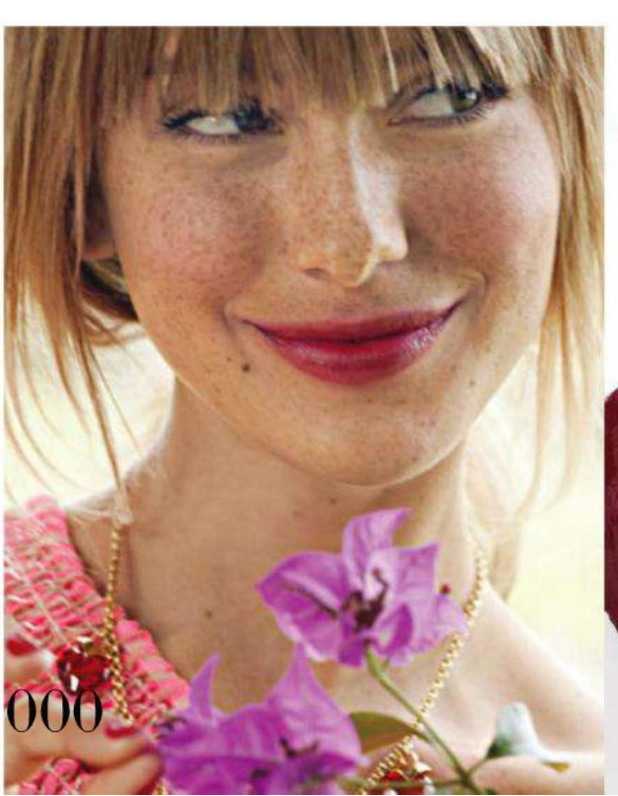


TOUCHABLE HAIR

To prevent the summer sun from making your hair look (and feel) fried, spritz a daily hydrating spray with aloe, passion fruit, and coconut oils. It seals in moisture to keep your hair soft and frizz-free!

try: Matrix Biolage Hydra-Seal Softening Mist, $14, matrix.com for salons





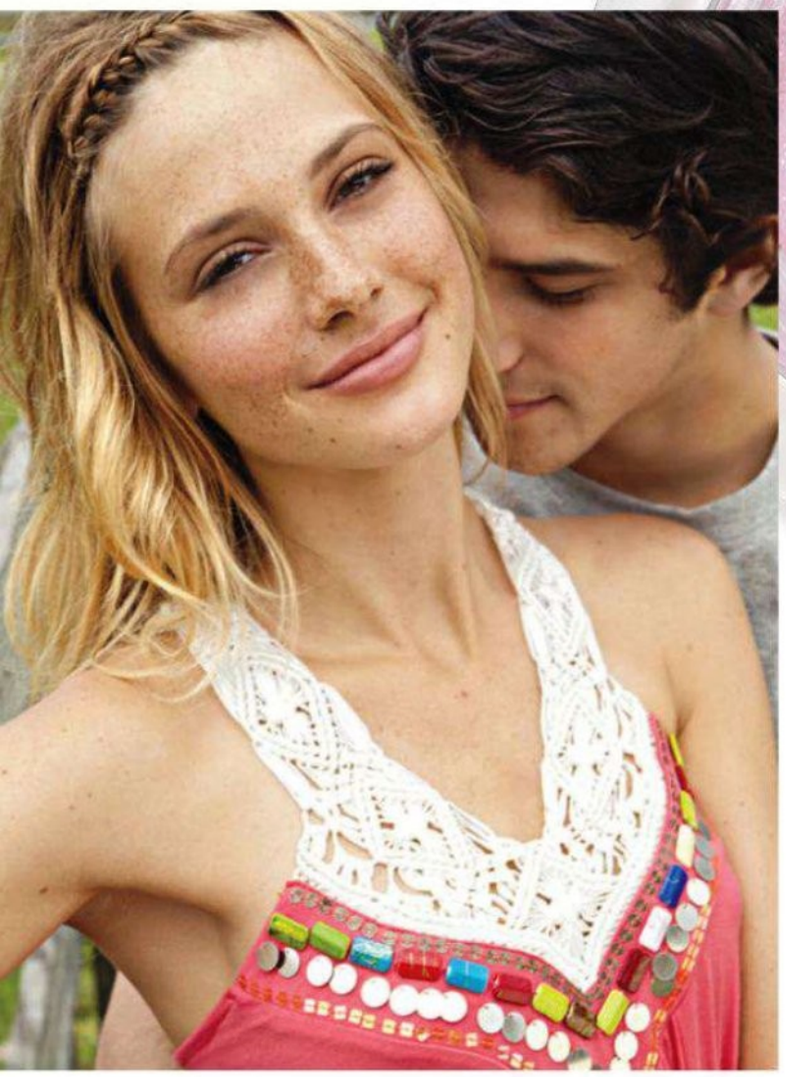
CANDY KISSES

For lips that beg to be kissed, try a bright ruby shade! To create the perfect smudged stain, layer the color on top and bottom lips once, then take your finger and blend it in some more!

try: YSL Volupte Sheer Candy Lip Color in Luscious Cherry, $30, yslbeautyus.com



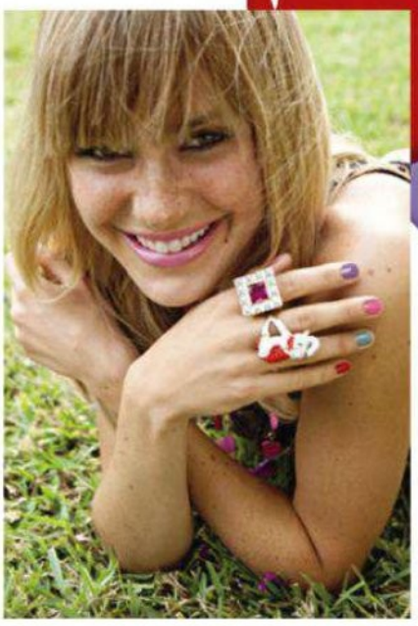
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SHIMMERY SCENT

Make your skin feel *and* smell irresistible! Smooth this shimmery scented gel on shoulders, neck, and décolletage. Add a second layer for a scent that lasts!

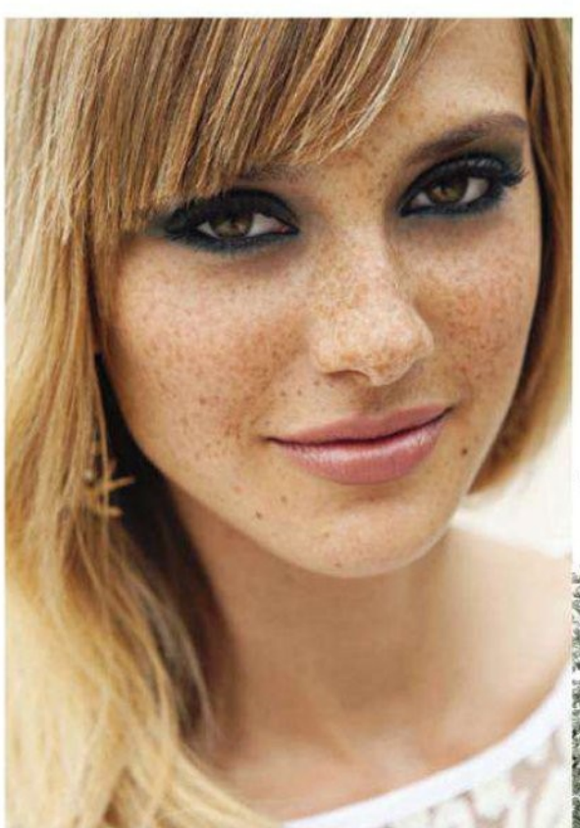
try: Chanel Chance Eau Tendre Shimmering Touch, $50, department stores



FUN NAILS

These bright shades are a treat for you—and him! To keep your color vibrant, paint nails with three thin coats of polish, then apply a top coat every day.

try: (pink) Essie Nail Color in Castaway, $8, drugstores; (purple) OPI Nail Lacquer in Do You Lilac It?, $9, opi.com for salons; (blue) Tracy Reese for Sally Hansen Complete Salon Manicure in Barracuda, $8, drugstores; (red) Orly Nail Lacquer in Monroe's Red, $8, orlybeauty.com



SULTRY EYES

Make your lids twinkle with a soft smudge of gray and sea foam! Blend the light green shade all over top lids and inner corners, then dust the darker shade into the creases and on your top and bottom lashlines. Blend everything outward into a slight cat-eye shape.

try: MAC Cosmetics Crushed Metallic Pigment Surf the Ocean, $33 for stack of four shades, maccosmetics.com



Senior Fashion Editor: Annebet Duvall. Hair: Erin Anderson for Woodley & Bunny and Sachajuan. Makeup: Carolina Gonzalez at Photo Op Management for Tarte Cosmetics. Manicure: Donna D for Artistsbytimothypriano.com for Essie. Still Lifes: J Muckle/Studio D.

ON HER: (SULTRY EYES) TOP, KAREN KANE; EARRINGS, FOREVER 21.

1 PIECE 4 WAYS

Stretch your summer wardrobe! With these sneaky styling tricks, you can spin your basics in tons of new ways!

PHOTOGRAPHS BY TERRY DOYLE

TRENDY

sweater
Sizes S–L, Urban 1972, $34, urban1972.com.
skirt
Sizes S–L, Urban 1972, $28, urban1972.com.
belt
The Belt by Joe's, $58, joesjeans.com.

See page 151 for full credits.

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INDIE

skirt
Sizes 0–12, Armani Exchange, $98, armaniexchange.com.
earrings
H&M, $6, H&M stores.
sandals
Sizes 6–11, A.n.a. by jcpenney, $40, jcpenney.

DENIM SHIRT

Sizes XS–L, Levi's, $60, levi.com

SWEET

dress
Sizes S–L, Banana Swim, $55, shopkatwalk.com.
slip
Sizes XS–L, Only Hearts by Helena Stuart, $57, onlyhearts.com.
headband
AMI Clubwear, $15, amiclubwear.com.
bag
Lulu's, $32, lulus.com.
sandals
Sizes 6–11, Call It Spring, $30, callitspring.com.

CHILL

jacket
Sizes XS–L, Forever 21, $27, select Forever 21 stores and forever21.com.
shorts
Sizes XS–XL, American Apparel, $34, americanapparel.net.
backpack
Quiksilver, $59, quiksilver.com.
sneakers
Sizes 6–10, Bensimon, $55, moxsie.com.

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BOHO

tunic
Sizes 2–12, H&M, $40, H&M stores.
scarf
American Eagle Outfitters, $20, ae.com.
necklaces
Bead necklace, $40, and multirow necklace, $28, both Topshop, topshop.com.
belt
Mixit by jcpenney, $18, jcp.com.





TOMBOY

polo shirt
Sizes XS–L, American Apparel, $39, americanapparel.net.
earrings
H&M, $6 for four pairs, H&M stores.
tie
American Apparel, $26, americanapparel.net.
belt
Hyde Collection, $54, 800-669-8218.
shoes
Sizes 6–10, Zara, $99, Zara stores.

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BERMUDA SHORTS

Sizes 2–18, Merona for Target, $18, select Target stores and target.com





POLISHED

blazer
Sizes 2–12, H&M, $50, H&M stores.
top
Sizes S–L, Make Me Chic, $12, makemechic.com.
hat
Stussy, $58, stussy.com.
necklace
Lulu's, $10, lulus.com.

SPORTY

sweater
Sizes S–L, Urban 1972, $32, urban1972.com.
sports bra
Sizes XS–XL, Gap Body, $36, Gap stores and gap.com.
boxers
Sizes XS–XL, Royal Silk, $24, royalsilkusa.com.
bag
American Eagle Outfitters, $50, ae.com.
sneakers
Sizes 5½–11, Frye, $108, thefryecompany.com.

BEACHY

bikini top
Sizes S–XL, Op, $12, Walmart stores.
hat
San Diego Hat Co., $40, lulus.com.
sunglasses
jcpenney, $12, jcpenney.
bag
Baggu, $8, baggu.com.
sandals
Sizes 6–11, Old Navy, $10, oldnavy.com.





CUTE

earrings
Topshop, $15, topshop.com.
necklace
Girlprops.com, $4, girlprops.com.
belt
American Eagle Outfitters, $20, ae.com.
bracelet
Old Navy, $13, Old Navy stores.

Find more issues at magazinesdownload.com

TANK MAXIDRESS

Sizes S–XL, Element, $40, elementeden.com

COOL

trench
Sizes S–L, Urban 1972, $70, urban1972.com.
shirt
Sizes XS–XXL, Gap, $50, Gap stores and gap.com.
glasses
Girlprops.com, $10, girlprops.com.
belt
Hyde Collection, $78, 800-669-8218.
bag
Olsenboye for jcpenney, $30, jcpenney and jcp.com.
sneakers
Sizes 5–11, Keds, $45, keds.com.





GLAM

top
Sizes 2–12, Topshop, $80, topshop.com.
necklaces
Triangle necklace, Topman, $30, topman.com; bow necklace, $11, and black bead necklace, $14, both Lulu's, lulus.com.
belt
Hyde Collection, $54, 800-669-8218.
rings
Lulu's, $11 each, lulus.com.

Fashion Stylist: Susan Joy. Hair: David Cruz for Redken/Cutler NYC at Raybrownpro.com. Makeup: Janerio for Mac Pro NYC at BeautyWingNY and Robin Schoen for Dior Beauty at Utopia. Manicure: Myrdith Leon-McCormack for MAC Cosmetics at Factory Downtown.


"The world has so much to offer. If you stay in your own little shell, you're not fully living!"
-Bailey, 17

THIS SUMMER COULD CHANGE YOUR LIFE!

Now is the time to break free and dream *bigger*!

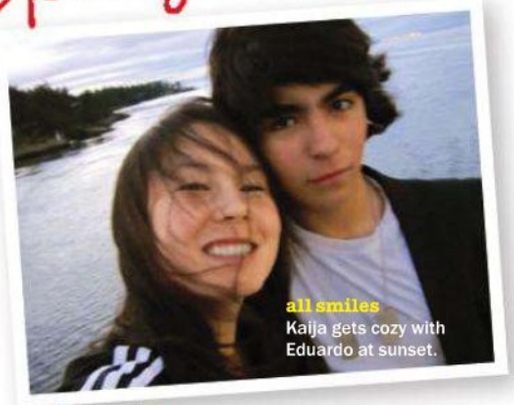
by Holly C. Corbett

There's something about summer that makes you feel as if *anything* could happen. The days are long, the nights are warm, and the possibilities are *endless*. Without the pressure of school, you're free to daydream and be spontaneous. You can throw impromptu sleepovers, have bonfires at the beach, go on a road trip, or take a chance on the cute lifeguard at the pool—all without having to stress about getting home to study or worrying if everyone at school will judge you. The best part is, you don't have to go too far for a whole world of unexpected things to happen. Whether you're hanging out in your hometown, going away to camp, or traveling for vacation, this summer can be *yours*. Take a page from the summertime diaries of girls who had amazing, life-changing experiences, and get ready to start your own adventure!

MAIN PHOTO: BETH STUDENBERG. (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.)

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let love open your eyes



all smiles
Kaija gets cozy with Eduardo at sunset.

Eduardo and I first met at the last school dance before summer break, and we had an instant connection. I Facebooked him a couple of days later, and we met up every day for the rest of the summer. He was an exchange student who would be going back to Mexico at the end of the summer, so I didn't want to get too attached, but I couldn't help myself! He was hot, exciting, smart, and bad-a**. I used to spend all my free time working or studying—I took life so seriously! I knew I needed to stress less, and Eduardo showed me how to have *fun*! We'd watch movies and climb trees. While listening to music on a bus, he would sing, not caring about the other people listening. Before, I'd felt too silly to sing—even when nobody was around. **I loved how confident he was.**

One night while snuggling at my house, he asked me to be his girlfriend, and I said yes. A few nights later, he kissed me during a sunset and my heart overflowed with happiness. I had never felt so close to a guy. So when he finally had to go back to Mexico, I couldn't stop crying.

Then I did something wild—I decided to spend my junior year of high school in Mexico. I visited Eduardo and learned Spanish, all while taking online classes. It was Eduardo's lust for life that made me want more out of *mine*. **Falling in love is a risk, but if I had never met Eduardo, I would never have had the courage to do that!** Even though the two of us are now just friends, he helped turn me into the adventurous, free-spirited person that I am proud to be today.

–kaija, 16, victoria, bc, canada



a whole new world
Bailey, left, in Kenya taking a walk with some new friends.

BUST OUT OF YOUR COMFORT ZONE

For me, summer meant having a good time at the mall, not caring about anything except putting together the perfect outfit. Total carefree fun. But all that changed after my sophomore year. A group of 17 friends and I raised money so we could spend the summer volunteering in Kenya through the Free the Children charity. I thought it'd be exciting to finally get out of my small Iowa town and bond with my friends. But the experience was so much more than that—it introduced me to a world I didn't know existed. We helped out at a school where kids didn't have pencils or notepads. Still, they were so happy. They'd sing Shakira songs and dance in their worn-out school uniforms. It made me see how much I took for granted at home. It was always *stuff* that made me happy—not something as simple as being able to go to school. Since taking the trip, I'm not as materialistic as I used to be. Now I use some of my money from working at Dairy Queen to sponsor a girl in Africa. It feels better than buying a T-shirt I'll hardly wear. I had no idea how important our trip away from home could be. Seeing another corner of the world opened my eyes, my mind, and my heart.

–bailey, 17, maquoketa, ia

FIND THE RIGHT FRIENDS

"The months leading up to my summer program at a college were difficult: Even though I was surrounded by my friends, I felt so alone because the minute I'd hint that I was bi, they'd stop talking to me—and my mom thought I was just confused. I felt like a freak. When I got to the program, I tried to focus on studying, but I was drawn to this girl, Kristen*. I saw her flirting with a girl, so I asked her if she was gay. She said yes as if it were no big deal! I was stunned by how open she was, and felt excited and relieved to meet someone who was going through the same thing I was. It wasn't romantic—I just wanted to be confident like she was. She gave me the strength to fully come out and find friends who love me for who I am."

–iveliz, 16, newburgh, ny



CHECK THIS OUT: **Holly C. Corbett** is a coauthor of *The Lost Girls* (Harper Paperbacks, 2011), a book about how she and two friends traveled the world and changed their lives forever!

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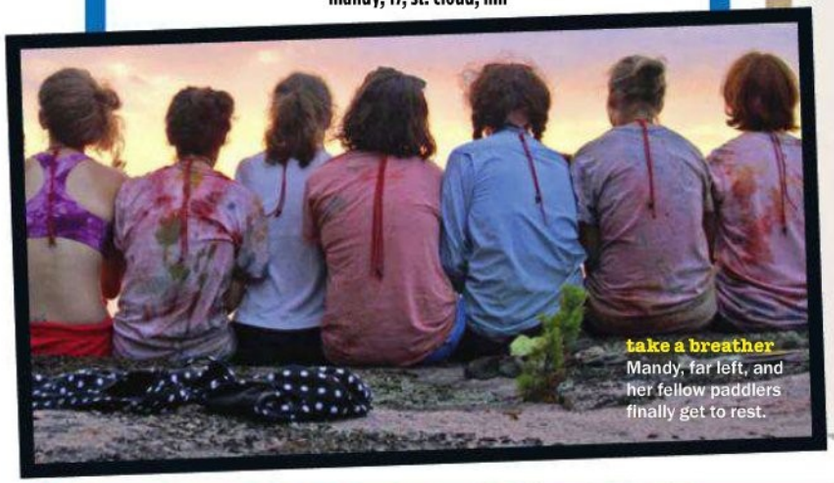
PUSH YOURSELF CRAZY-HARD!

"I've always been gangly and bad at sports. And being weak made me less confident all around. I'd put off *anything* that seemed hard, even writing my college essays. And I was tired of it! I knew I needed to do something huge that would guarantee I'd get in shape. So I went on a 28-day camping and canoeing trip in the Canadian wilderness, because it sounded intense and I didn't want to sit indoors all summer. The first two weeks were exhausting! I paddled 11 hours a day and spent the whole time thinking about how I wanted to be home in my comfy bed watching TV. Then one day, I had to carry my canoe through the mud for almost a mile! I wanted to give up, but I knew that if I didn't push through the pain, I'd never get stronger. So I kept going—and I made it! That one moment showed me that facing challenges rather than avoiding them is the only way to succeed. When I came home, I gritted my teeth and tackled those college essays . . . and got into my dream school!"

–mandy, 17, st. cloud, mn



wild ride Mandy gets in touch with nature.



take a breather Mandy, far left, and her fellow paddlers finally get to rest.

BEND SOME RULES

Last summer my parents made me to go to camp to "cure" my shyness. I'd been bullied by girls at school who made me feel ugly. I'd never had a boyfriend, and my self-esteem was at an all-time low.

At camp, my cabinmates confided in me about the flaws they thought *they* had, like being fat or having bad skin. That was really the first time I realized that other girls had insecurities too—even the girls who seemed totally put together. I saw that I didn't have to be perfect to be liked. As I felt more comfortable with the girls, I came out of my shell and shared secrets with them.

A few weeks in, I got up the nerve to talk to a brown-eyed lifeguard, Jim*. He was five foot nine with a great body—and reserved, like me. I didn't expect anything to happen between us because he was 20. Plus, it was against the rules for campers to date counselors! Since the pressure was off, I could be myself.

Jim was the guy all the girls wanted to hang with, but during the last few days of camp, he talked only to me! It made me feel special (and also scandalous, so I kept it a secret). There was a meteor shower on our last night, and Jim asked me to sit in a field with him. We cuddled, wishing on shooting stars. Then he whispered in my ear that he'd had a crush on me the whole time! For the first time, I felt beautiful. I couldn't believe that a guy this good-looking was into me!

Even though the fling with Jim ended with summer, I'll never regret it for one second. I learned that sometimes bending the rules—as long you follow your heart—can be good for you! He helped me see my true worth. Instead of letting my shyness get the best of me, now I'm confident enough to flirt with anyone!

–maureen, 17, queens, ny

Where was *your* life-changing moment? Visit seventeen.com/summermap to share your story and help us create a map of everyone's special places.

3 ways you can change your life this summer

Go on, be bold. Transform yourself.



1. Turn off your tech.

Set aside at least one day a week to get totally unplugged from your texts, IMs, and e-mails. You need space to let your mind wander. Sometimes just dreaming is fun!



2. Do something scary.

Think of one thing you've avoided because of fear (like going to a musical audition or starting a blog), and then do it anyway. If you fail, at least you can say that you gave it a shot. You have no idea what you are capable of until you try!



3. Travel a little.

You can be whomever you want to be in a new place. Teach English or volunteer in another country! Check out villagevolunteers.org. For study abroad, work abroad, and scholarship opportunities, visit statravel.com.

*Names have been changed.

17 EXPERT: Tara Russell, a certified life coach and the founder of Three Month Visa Coaching and Consulting (threemonthvisa.com).

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FREE FUN!

Have a blast this summer without blowing all your cash!

BY ELIZABETH PERLE

PLAY DJ FOR A DAY

Control the tunes at your next big party, like Kim Kardashian! Head to songza.com and combine all your friends' playlists to create the ultimate dance mix! (Make sure you give yourself a cool DJ name!)

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GET YOUR CHOCOLATE FIX!

Reinvent the Popsicle with this crazy-easy (and yummy!) recipe.



what you need:

1 box instant chocolate pudding mix

2 cups of cold chocolate milk

1 handful of M&Ms, sprinkles, and mini marshmallows (or whatever candy you love!)

what do to:

1. **Make pudding following the instructions on the box (using the chocolate milk).**
2. **Toss the candy into the bottom of five small paper cups.**
3. **Spoon pudding into cups on top of the candy. Insert wooden Popsicle stick or plastic spoon into each.**
4. **Freeze for 5 hours.**
5. **To remove the treat, run the bottom of the cup under warm water for 15 seconds. Then enjoy!**





STAR IN A PHOTO SHOOT!

You know how much fun it is to snap pics in a photo booth—now make your own! Hang a sheet on the wall as a backdrop, gather crazy hats, and make funny signs. Then tweet **@seventeenmag** your photos using the hashtag **#17photobooth**! We'll retweet the best.





GO POOL-HOPPING!



Add a little fun spontaneity to your average pool party!

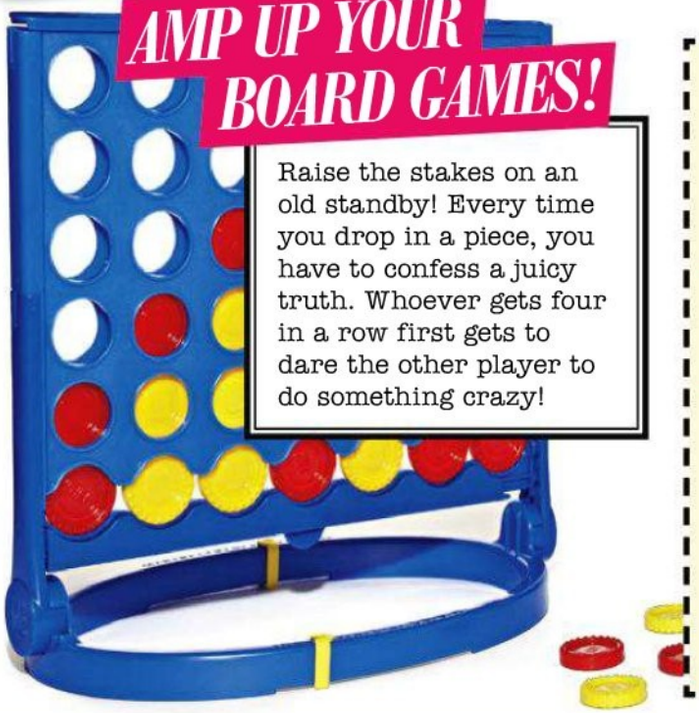


READER TIP!

"Three hours in the same pool can get boring, so my friends and I call everyone we know with a pool, hop in the car, and go from pool to pool, grabbing snacks along the way. It's a nonstop pool party!"

–danielle, 21, rockville centre, ny

AMP UP YOUR BOARD GAMES!



Raise the stakes on an old standby! Every time you drop in a piece, you have to confess a juicy truth. Whoever gets four in a row first gets to dare the other player to do something crazy!

SHARE A TREAT!

Rip this out to score a free snack the next time you're out with friends!

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KARDASHIAN: DENISE TRUSCELLO/WIREIMAGE. POOL-HOPPING PHOTO: SAYE. STILL LIFE: (CHOCOLATE TREAT) ANNA MARINA KARADIMAS; (CONNECT FOUR) J. MUCKLE/STUDIO D.

© 2011 Neutrogena Corp.



Miranda Cosgrove's idea of perfect skin? Skin that's never seen a tanning bed.

Miranda is sun-smart. She knows tanning beds give off UVA rays. Rays that can cause skin cancer. In fact, exposure to tanning beds before the age of 30 increases melanoma risk by 75%. Protection and early detection are the key to survival.

For sun safety tips and life-saving tools, like a free dermatologist skin cancer screening, self-exam kit and discounts on sunscreen products, go to

ChooseSkinHealth.com

with participation from

ASDS
American Society for Dermatologic Surgery



TRAUMARAMA!

Everyone has had humiliating moments.

curtain call

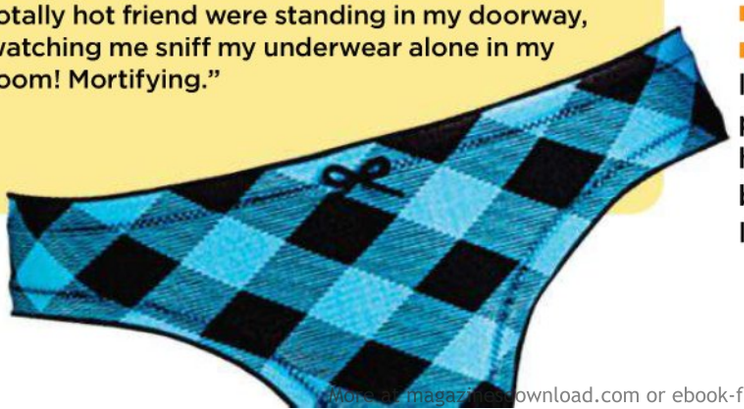
"My room is on the ground floor, and one night I had the blinds open while I was Skyping with my friend. She had 'I Love Rock and Roll' playing in the background, and we both started dancing like crazy. After I got off my computer, my mom came in and said, 'Who were those guys shouting at the window?' Apparently, this boy on my block and his friends had been walking by and decided to come say hey, but I hadn't heard them over the music!"

the secret's out

"I was at Victoria's Secret and texted my mom: 'I'm not sure what bra size I am! Help!' I have access to my Twitter account on my phone, and I accidentally sent the text as an update. I didn't realize it until hours later—after some of my followers had retweeted me!"

MISUNDIESTOOD

"It was late Saturday morning, and I was in a big rush to change out of my pj's to meet up with my friends. I was frantically searching for clean underwear in my pile of laundry, and **I took a quick whiff of a pair to be sure.** At that moment, I heard a snort, and I realized my brother and his totally hot friend were standing in my doorway, watching me sniff my underwear alone in my room! Mortifying."



TECHNICAL DIFFICULTIES

"A guy I had a *huge* crush on is awesome with computers, so I asked him to help me set up my Web site. We had a great time, and before he left, he invited me to lunch the next day. **After he was gone, I noticed his e-mail account still open on my computer.** Well, of course I started looking through it. I was absorbed in a particularly cute one from his mom when he walked back into my room! He'd come back to get his hat, and I was totally busted. I ate my sandwich alone the next day."

SEVENTEEN.COM Read new traumas and submit yours at seventeen.com/dailytrauma.

MAIN PHOTO: CHEYENNE ELLIS. (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.) SENIOR FASHION EDITOR: ANNEBET DUVALL. HAIR: LUIS BELTRAN AT FORD MODELS MIAMI FOR KÉRASTASE. MAKEUP: COLLEEN STONE AT FORD MODELS MIAMI FOR DIOR. ON HER: BIKINI, OP; RING, URBANOG. ON HIM: T-SHIRT, AMERICAN APPAREL; SHORTS, H&M. STILL LIFE: (UNDERWEAR) JESUS AYALA/STUDIO D.

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Selena (and her dress!) were flying high during her first performance of "Who Says" in March.

WORST GIFT EVER

"My BF went away for the week with his family, and I was so sad that he was missing our one-year anniversary. So when he secretly came home a day early and showed up at school, I completely freaked out, ran, and **jumped on him—and gave him a bloody nose. Whoops!**"

soy embarrassing!

"A bunch of guy friends and I went to a sushi restaurant in our local mall. They got the dumb idea to dare each other to take shots of soy sauce. I was the only girl there and I felt pressured to prove myself—so I grabbed the cup and took a huge gulp! It was horrible, and a few seconds after, soy sauce started coming out my nose! Then I threw up all over the floor!"





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STALKERAZZI

"I was procrastinating in health class and started taking random pictures of myself on my laptop. When I **realized that my crush was in the background behind me talking to** my teacher, I decided to take a silly photo—pointing at him—to show my best friend. Toward the end of class, I pulled the image back up on my computer and started fiddling with the size. A few seconds into it, I realized he was sitting directly behind me, watching the whole thing! I'm 100 percent positive he now thinks I'm the biggest freak in the world."

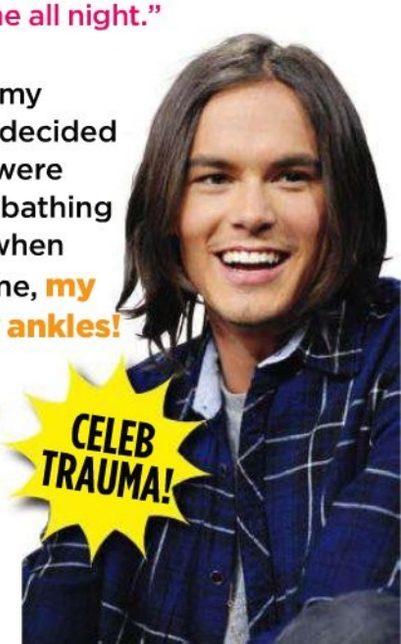


remote out of control

"My friend invited a group over to hang out, and I arrived early, so I waited in the basement while she finished her homework. I was bored, so I turned on her TV and started watching *Hannah Montana.* (There was nothing else on!) I heard the doorbell ring, followed by footsteps, so I quickly changed the channel so they wouldn't see what I was watching. Of course, right as they walked into the room, I landed on porn! They made fun of me all night."

"I was at the beach with my family and friends, and I decided to bodysurf—the waves were huge. Unfortunately, my bathing suit was also huge, and when the wave tumbled over me, **my shorts fell down to my ankles!** It was so awkward.

–Tyler Blackburn from *Pretty Little Liars*



GOMEZ: JASON LAVERIS/FILMMAGIC. BLACKBURN: DOMINIC CHAN/WENN.COM. STILL LIFE: (SOY SAUCE) ALAMY.

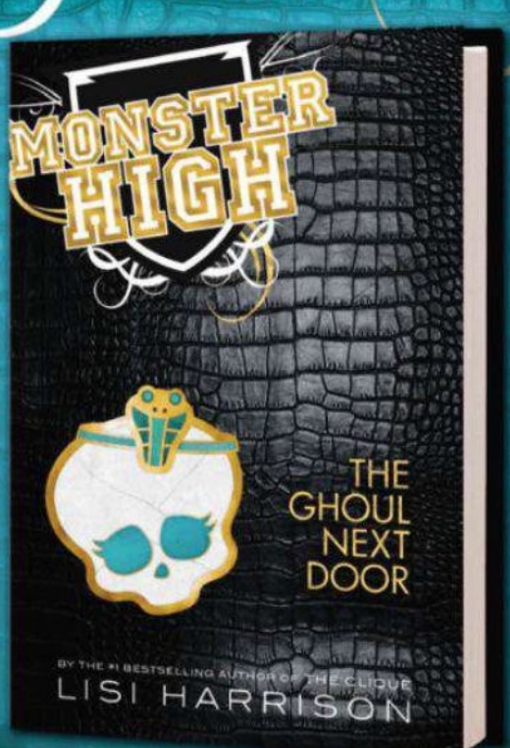

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POPPY

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Sweepstakes Rules

NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Must be female, between the ages of 13 and 29, and a legal resident of the 50 United States, District of Columbia, or Canada. Void in Quebec Province, and where prohibited by law, unless otherwise noted. Odds of winning depend on the number of eligible entries received.

HOW TO ENTER THE *PRETTY LITTLE LIARS* FAN PACKAGE GIVEAWAY (page 3): Beginning May 17, 2011, at 12:01 A.M. ET, through June 30, 2011, at 11:59 P.M. ET, go to **seventeen.com/freebies** and complete and submit the entry form pursuant to the on-screen instructions, including the code "fan". Twenty-five (25) winners will win a fan package that includes: one (1) *Pretty Little Liars* Season One on DVD; one (1) *Pretty Little Liars* Season One Soundtrack; and one (1) copy of the book *Pretty Little Liars*. Approximate retail value: $84. Odds of winning will depend upon the total number of eligible entries received. Open to females between the ages of 13 and 29 who are legal residents of the 50 United States or District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

HOW TO ENTER THE JUNE/JULY DAILY FREEBIES (pages 14 and 16): Complete and submit the online entry form at **seventeen.com/freebies** beginning at 12:01 A.M. ET, Jun 1, 2011, through 11:59 P.M. ET, July 31, 2011. Daily sweepstakes will be held each day starting at 12:00 A.M. ET and ending at 11:59 P.M. ET each day for 61 days. One daily sweepstakes winner will win a prize valued up to $1,000 each day. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

HOW TO ENTER THE JUNE/JULY FASHION SWEEPSTAKES (pages 20, 28, 36, 38, 44, 46, 48): Go to **seventeen.com/freebies** to enter, beginning at 12:01 A.M. ET, May 24, 2011, through 11:59 P.M. ET, July 4, 2011. Complete and submit the entry form including the entry code. Five (5) winners will each receive a pair of Corinne McCormack sunglasses (approximate retail value: $75); the entry code is "sunny". Ten (10) winners will each receive a L.A.M.B. tote bag (approximate retail value: $98); the entry code is "tote". Ten (10) winners will each receive a pair of Bensimon sneakers (approximate retail value: $65); the entry code is "sneaker". Thirty (30) winners will each receive a *Seventeen* DIY Kit (approximate retail value: $13); the entry code is "DIY". Ten (10) winners will each receive a Junk Food tee (approximate retail value: $38); the entry code is "tee". Ten (10) winners will each receive a 579 dress (approximate retail value: $20); the entry code is "dress". Ten (10) winners will each receive a Charlotte Russe romper (approximate retail value: $30); the entry code is "romper". Odds of winning will depend upon the total number of eligible entries received. Must be female, 13 to 29 years old, and a resident of the 50 United States, District of Columbia, or Canada. Void in Puerto Rico, Quebec Province, and where prohibited by law. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

HOW TO ENTER *SEVENTEEN*'S SHOPPING SPREE SWEEPSTAKES (page 22): No purchase necessary to enter or win. *Seventeen*'s Shopping Spree Sweepstakes sponsored by Hearst Communications, Inc. Go to **seventeen.com/prettylittlesweeps** and complete and submit the entry form pursuant to the on-screen instructions, beginning March 1, 2011, at 12:01 A.M. ET, through January 31, 2012, at 11:59 P.M. ET. One (1) Grand Prize Winner will win $10,000 cash. Odds of winning will depend upon the total number of eligible entries received. Must be 13 years or older and a resident of the 50 United States or District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete Official Rules available at **win10k.seventeen.com**.

HOW TO ENTER THE COOL NAILS SWEEPSTAKES (page 53): Go to **seventeen.com/freebies** and complete and submit the entry, including the code word "nails", beginning at 12:01 A.M. ET, May 17, 2011, through 11:59 P.M. ET, July 4, 2011. One thousand (1,000) winners will each receive one (1) package of Sally Hansen Salon Effects Real Nail Polish Strips. Total approximate retail value: $10. Odds of winning will depend upon the total number of eligible entries received. Must be female, ages 13–29, and a legal resident of the 50 United States or District of Columbia. Void in Canada, Puerto Rico, and where prohibited by law. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

HOW TO ENTER THE JUNE/JULY BEAUTY SWEEPSTAKES (pages 58, 60, and 62): Go to **seventeen.com/freebies** to enter, beginning at 12:01 A.M. ET, May 17, 2011, through 11:59 P.M. ET, July 4, 2011, to complete and submit the entry form including the entry code. Fifty (50) winners will receive two (2) palettes of Revlon Illuminance Crème Shadows in Eternal Summer and Wild Orchids (approximate retail value: $13); entry code is "shadow". One hundred (100) winners will receive one (1) Neutrogena Oil-Free Acne Wash Pink Grapefruit Foaming Scrub (approximate retail value: $8); entry code is "scrub". One hundred (100) winners will receive one (1) complete set of ten (10) E.l.f. Studio Glitter Glosses in Jeweled Jam, Ruby Raspberry, Fuchsia Fireworks, Crystal Cranberry, Twinkle Pink, Sparkling Wine, Bronze Bling, Golden Glitz, and Dazzling Diamond (approximate retail value: $30); the entry code is "glitter". Odds of winning will depend upon the total number of eligible entries received. Must be female, 13–29 years old, and a resident of the 50 United States, District of Columbia, or Canada. Void in Puerto Rico, Quebec Province, and where prohibited by law. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

HOW TO ENTER THE SMOOTH SKIN SWEEPSTAKES (page 64): Go to **seventeen.com/freebies** beginning at 12:01 A.M. ET, May 17, 2011, through 11:59 P.M. ET, July 4, 2011, and complete and submit the entry, including the entry code "razor". Fifty (50) winners will each receive one Gillette Venus Embrace Shine Razor (approximate retail value: $6). Odds of winning will depend upon the total number of eligible entries received. Must be female, ages 13–29, and a legal resident of the 50 United States or District of Columbia. Void in Canada, Puerto Rico, and where prohibited by law. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

HOW TO ENTER THE GREAT HAIR SWEEPSTAKES (page 68): Go to **seventeen.com/freebies** and complete and submit the entry, using the code "hair", beginning at 12:01 A.M. ET, May 17, 2011, through 11:59 P.M. ET, July 4, 2011. Fifty (50) winners will each receive the entire Suave Professionals line, which each includes: Suave Professionals® Volumizing Mousse (approximate retail value: $3); Suave Professionals® Volumizing Root Boost Spray (approximate retail value: $3); Suave Professionals® Sleek Anti-Frizz Cream (approximate retail value: $3); Suave Professionals® Captivating Curls Whipped Cream Mousse (approximate retail value: $3); Suave Professionals® Captivating Curls Spray Gel (approximate retail value: $3); Suave Professionals® Touchable Finish Lightweight Hold Hairspray (approximate retail value: $3); Suave Professionals® Touchable Finish Extra Hold Hairspray (approximate retail value: $3); Suave Professionals® Touchable Finish Super Hold Hairspray (approximate retail value: $3). Total approximate retail value of each prize package: $24. Odds of winning will depend upon the total number of eligible entries received. Must be female, ages 13–29, and a legal resident of the 48 contiguous United States or District of Columbia. Void in Canada, Puerto Rico, Alaska, Hawaii, and where prohibited by law. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

HOW TO ENTER THE JUNE/JULY CELEB TRAINER EXPERIENCE SWEEPSTAKES (page 75): Go to **seventeen.com/freebies** to enter, beginning at 12:01 A.M. ET, May 17, 2011, through 11:59 P.M. ET, July 4, 2011. One (1) winner will receive a two-night stay for winner and guest at the Beverly Wilshire (a Four Seasons Hotel), Beverly Hills, CA (approximate retail value: $1,210); round-trip coach airfare for two people to Los Angeles, CA (approximate retail value: $1,000); a 60-minute personal training session with Harley Pasternak (approximate retail value: $425); plus the winner will receive the following items from New Balance: a Wellness Tote (approximate retail value: $60); a pair of 871 boot camp shoes (approximate retail value: $85); a pair of NP shorts (approximate retail value $25); an NP tank top (approximate retail value: $20); a Tonic Crop (approximate retail value: $25); and a fitness jacket (approximate retail value: $50). Total approximate retail value for all prizes awarded: $2,900. The entry code is "trainer". **If winner is a minor, parent or legal guardian must be winner's travel guest.** Open to females, 13–29 years of age who are legal residents of the 48 contiguous states or District of Columbia. Void in Puerto Rico, Canada, Hawaii, and Alaska. Odds of winning depend on the number of eligible entries received. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

HOW TO ENTER THE JUNE/JULY 2011 YOUR LIFE SWEEPSTAKES (pages 98, 100, and 102): Go to **seventeen.com/freebies** to enter, beginning at 12:01 A.M. ET, May 17, 2011, through 11:59 P.M. ET, July 4, 2011, to complete and submit the entry form including the entry code. Five (5) winners will each receive one Nikon Coolpix S3100 camera (approximate retail value: $140) in whatever color is available; the entry code is "nikon". Ten (10) winners will each receive one copy of Somaly Mam's autobiography, *The Road of Lost Innocence* (approximate retail value: $15); the entry code is "SMF". Two (2) winners will each receive one HTC Inspire 4G cell phone from AT&T (approximate retail value: $400) in whatever colors are available; the entry code is "ATT". Odds of winning will depend upon the total number of eligible entries received. Must be female between the ages of 13 and 29 years old and a resident of the 50 United States, District of Columbia, or Canada. Void in Puerto Rico, Quebec Province, and where prohibited by law. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

HOW TO ENTER THE YOUR LIFE TWITTER SWEEPSTAKES (page 101): Go to **twitter.com** to enter, beginning at 12:01 A.M. ET, May 17, 2011, through 11:59 P.M. ET, July 4, 2011. To enter for a chance to win the Jamba Juice prize, follow **@jambajuice** and **@seventeenmag** and then tweet messages to both handles using the hashtag **#17Juice**. One (1) winner will receive a $100 gift card (approximate retail value: $100) valid at any Jamba Juice in the US. To enter for a chance to win the California Pizza Kitchen prize, follow **@calpizzakitchen** and **@seventeenmag** and then tweet messages to both handles using the hashtag **#17Pizza**. One (1) winner will receive a $250 gift card (approximate retail value: $250) valid at any California Pizza Kitchen in the US). To enter for a chance to win the Stila prize, follow **@stilacosmetics** and **@seventeenmag** and then tweet messages to both handles using the hashtag **#17Makeup**. One (1) winner will receive a basket of assorted Stila cosmetics (approximate retail value: $100). Winner of each prize will be notified via direct message on Twitter on or about July 5, 2011. If winner does not respond within 48 hours, the prize will be forfeited and a new winner will be chosen. Odds of winning will depend upon the total number of eligible entries received. Must be female between the ages of 13 and 29 years old and a resident of the 50 United States. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

HOW TO ENTER THE JUNE/JULY HOROSCOPES SWEEPSTAKES (page 152): Beginning 12:01 A.M. ET, May 24, 2011, through 11:59 P.M. ET, July 4, 2011, go to **seventeen.com/freebies** and complete and submit the entry form pursuant to the on-screen instructions; the entry code is "charm". One (1) winner will receive a Helzberg Diamonds Expression charm bracelet (approximate retail value: $740). Odds of winning will depend upon the total number of eligible entries received. Must be female, 13 to 29 years of age, and a resident of the 50 United States, District of Columbia, or Canada. Void in Puerto Rico, Quebec Province, and where prohibited by law. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

Contest Rules

HOW TO ENTER THE BEST BOYFRIEND IN AMERICA CONTEST (page 8): Beginning May 17,

2011, at 12:01 A.M. ET, through June 30, 2011 at 11:59 P.M. ET, go to **seventeen.com/bestboyfriend** and complete and submit the entry form pursuant to the on-screen instructions, including a short-answer application in no more than 100 words, on why you have the Best Boyfriend in America, plus a color photo of you and your boyfriend. Three winners will each receive: two (2) Xbox Kinect bundles, which includes 4GB Xbox 360, Kinect sensor, and "Kinect Adventures" game (approximate retail value: $600), "Kinect Sports" game (approximate retail value: $50), and "Dance Central" game (approximate retail value:$50). Must be female, 15–22 years old, and a resident of the 50 United States, District of Columbia, or Canada. Void in Puerto Rico, Quebec Province, and where prohibited by law. Contest is subject to complete Official Rules available at **seventeen.com/bestboyfriend**.

Accessories credits continued from pages 132 to 137.

pages 132–133 on model: (trendy) monogram necklace, Susan and Company; braided necklace, Ettika; gold necklace, Sequin; ring, Topshop; snake print bracelet and copper bangle, H&M; brown wrap, Gorjana; bag, Rebecca Minkoff; (indie) black multichain necklace, AMI Clubwear; silver necklace, Harajuku Lovers; snake print bracelet and black braided leather cuff, H&M; silver and black leopard bangle, Sassy South; neon charm bracelet, Topshop; black bracelet with crystal ball, Fantasy Jewelry Box; silver bead cuff, Lulu's; charm bracelet, M Style Lab; beaded bracelets, Make Me Chic; two-finger ring, Susan and Company; (sweet) bead necklace, Circa Sixty Three; wood bangle, Urbanog; (chill) earrings, H&M; teal and green bracelets, Target; chain bracelet with blue rope, Mixit by jcpenney; orange stone bracelet, Old Navy; pastel wrap bracelet, Ettika; blue diamond bracelet, Aéropostale. **pages 134–135 on model:** (boho) beaded bracelets, Lulu's; braided bracelets, H&M; gold and orange bracelet, Make Me Chic; (tomboy) socks, We Love Colors; bow tie bracelet, American Apparel; python brown bracelet, brown and gold bracelets, cream rope bracelet, pink bead bracelet, and light blue bracelet, H&M; pink braided bracelet, Ettika; brown leather bracelet, Aéropostale; (polished) belt, Hyde Collection; (sporty) earrings, CutesyGirl; pin on shorts, GoJane. **pages 136–137 on model:** (beachy) watch, TKO; multineon charm and mustard ball bracelets, Lulu's; neon rainbow bracelet, AMI Clubwear; brown string bracelet; American Eagle Outfitters; towel, Roxy; (cool) pin on bag, Betsey Johnson.

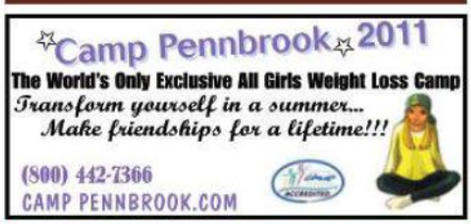
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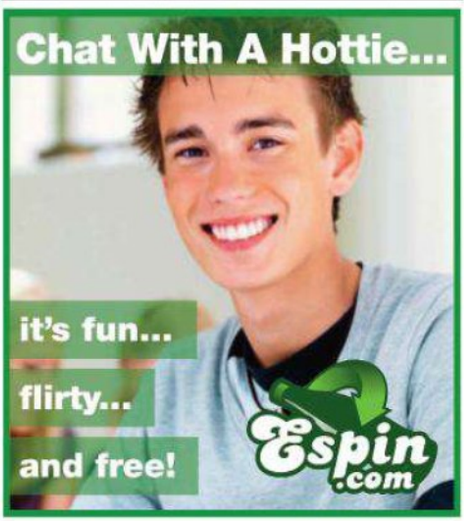


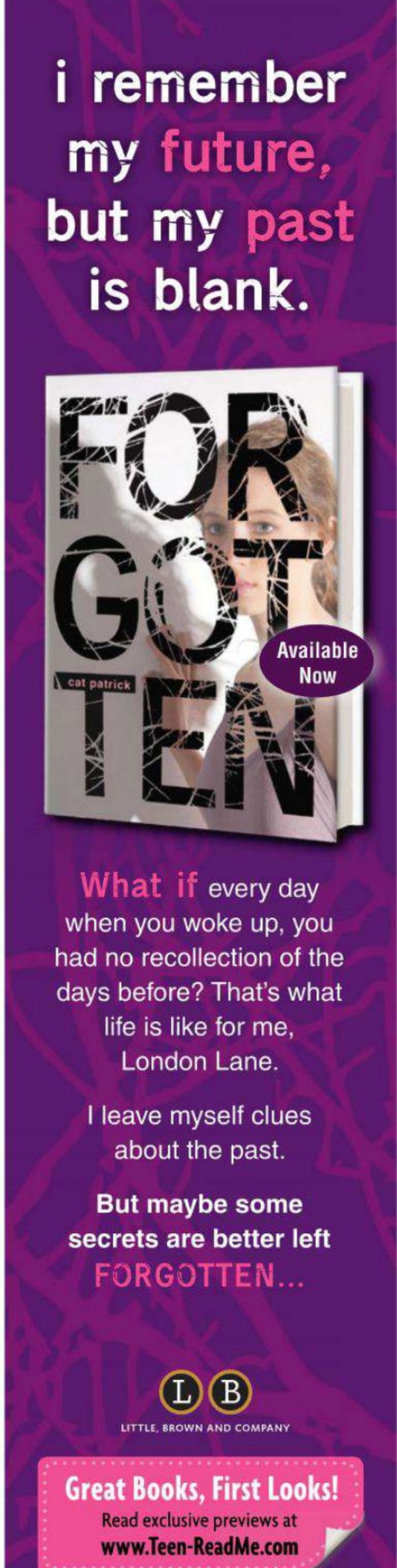










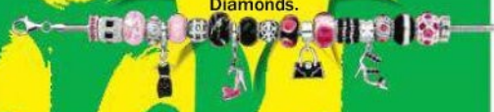


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gemini cancer

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JUNE/JULY HOROSCOPES

by sally brompton

gemini

May 21–Jun 20

June: A cutie has you totally tongue-tied (so weird for you!), but on the 1st, Saturn will return your usual flirting powers—and then some. He will be putty in your hands!

July: You'll be tempted to party *way* too hard at a Fourth of July celebration, but your BFF will keep you from going too wild!

cancer

Jun 21–Jul 22

June: It's time to face facts, Cancer: Your longtime crush just isn't available. But thanks to Venus, you'll meet a sweetie on the 9th who is wide-open!

July: A chic pal would love to work her style magic on you, and by the 15th, you'll be ready for a makeover. The results? *Hot!*

leo

Jul 23–Aug 22

June: Watch what you say on the 12th! Mercury will put you in a mega-gossipy mood, and you'll have a strong urge to spill a close friend's *deepest* secret.

July: After the 23rd, the sun will energize you and make you *glow*. When you update your profile pic, someone great will notice!

virgo

Aug 23–Sep 22

June: You'll be torn between two cool summer jobs this month, but when Saturn moves into your money area on the 13th, the right choice will be obvious.

July: Tensions are running high with your BFF, and on the 3rd, the situation could totally blow up. Count to 10, Virgo!

libra

Sep 23–Oct 22

June: People have been admiring your DIY fashion ideas for ages, and on the 4th, you'll be given a chance to actually *sell* your stuff. Cash will be rolling in!

July: The guy you're dating will push to make things official now. Are *you* feeling it, though? On the 27th, you'll know.

scorpio

Oct 23–Nov 21

June: At the end of the month, a guy in your circle will suddenly be on your radar. PS: He's into you too. This could be major!

July: Even on vacay, intense Scorps won't stop working to achieve their goals. The planets will lend a hand on the 9th, when they introduce you to an amazing mentor!

sagittarius

Nov 22–Dec 21

June: You and your BF *really* need to talk, and on the 10th, Venus will help you open up and confront your issues. Afterward, you guys will be in a *much* better place.

July: For Sags, July is all about change, and on the 7th, you'll take the plunge with a cool new style vibe. Everyone will *love* it.

capricorn

Dec 22–Jan 19

June: The stars will be in your favor job-wise on the 15th. If you line up interviews then, you'll have your *pick* of fun opps!

July: On the 4th, you'll bump into an ex and you'll both feel a spark! This guy can trigger your clingy side, so you'll need your girls to help you figure out your next move.

aquarius

Jan 20–Feb 18

June: Where have you been hiding, Aqua girl? You've been such a hermit that your crew feels abandoned! On the 21st, you'll finally have the urge to socialize again.

July: On the 10th, a pal will try to get you to do something that just doesn't sit right. You'll *have* to trust your gut. She'll deal.

pisces

Feb 19–Mar 20

June: On the 22nd, your crush will send you a super-gushy text, and you'll want the world to know. Luckily, you'll think before you FWD. He would have been mortified!

July: Venus and the sun will make your love life even hotter in July. On the 27th, a new relationship will start getting serious!

aries

Mar 21–Apr 19

June: Your girls are planning a getaway, but cash is tight! Thanks to the stars, a few extra shifts will open at work, so you'll have *plenty* of chances to save. Ka-ching!

July: After a silly fight that spiraled, your BFF is ignoring your texts. You'll smooth it over, but only after you apologize.

taurus

Apr 20–May 20

June: Your guy needs a little TLC, but you've been so busy lately. You'll make it up to him with a special dinner on the 9th. He'll be so touched by the gesture. Aw!

July: On the 30th, the moon will send *your* stress level soaring. Thankfully, your BFF will notice and invite you over for R&R!

= girl talk = fun parties = hot guys = crazy drama = amazing makeover

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